

## EWC Housing Weekly Update - October 22

- **State Covid-19 restrictions changing:** Today the state is moving to “[Tier 2](#)” of its “[Re-Opening Strategy](#).” The Tier 2 regime permits socializing (in restaurants and elsewhere) of up to 5 people, including those from different households.
- **No change in EWC policies:** To keep our EWC Housing community safe, however, we are continuing to limit gatherings on the EWC campus to no more than 3 people. As Oahu opens to tourists and other activity, there is an even greater need for vigilance in mitigating risk and following EWC COVID-19 protocols:
  - Always have a mask with you and wear it properly (up over your nose and under your chin)
  - Wash hands often and carry hand-sanitizer for when you can't
  - Practice social distancing (at least 6 feet away from others)

Mahalo for keeping our housing community healthy and contributing to Hawai'i's health overall!

- **Understanding the Tier system**

The Tier system is an important part of Hawai'i's reopening strategy and designed to help people navigate life under Covid-19, particularly legal regulations. The past few weeks we have been in Tier 1 (the most restricted Tier) and move to Tier 2 today. O'ahu must stay in Tier 2 for 4 weeks and maintain 49 or fewer cases with a positivity rate of 2.49% for 14 consecutive days in order to move into Tier 3 (which would increase social gatherings to 10 people). Today, the 7-day average on O'ahu is 64 daily cases and the 7-day positivity rate is 2.9%. The new Tier-system infographic in Resources (below) provides further information.

### Resources

- **New:** Honolulu Re-Opening Strategy: [Tier-System Infographic](#)
- **Updated:** EWC Travel Policy: [EWC Housing Travel Policy Effective Oct. 15, 2020](#)
- **Updated:** [Positive Covid-19 Test, Symptoms - Procedure for EWC Students](#)
- **Covid-19 Guidelines from UH**
  - These guidelines have been announced for fall 2020: <https://www.hawaii.edu/covid19-guidelines/>

- **Covid-19 FAQs and Emergency Contacts:**
  - EWC FAQs: [Frequently Asked Questions \(FAQs\)](#) or the [Student Portal](#)
  - EWC Housing contact email, which EWC staff regularly and frequently monitor: [housing@eastwestcenter.org](mailto:housing@eastwestcenter.org).
  - EWC Housing phone number: 944-7960. For reports on matters of immediate concern, such as residents not complying with social distancing rules or smoking in the building, we urge you to call rather than email, even during working hours.
- **Mental Health:**
  - Resources for staying well from Kaiser Permanente, with self-care tools, tips, and activities: [https://healthy.kaiserpermanente.org/health-wellness/mental-health/tools-resources?kp\\_shortcut\\_referrer=kp.org/selfcare](https://healthy.kaiserpermanente.org/health-wellness/mental-health/tools-resources?kp_shortcut_referrer=kp.org/selfcare)
  - Information about keeping healthy and boosting your immune system: <https://www.hopkinsmedicine.org/health/wellness-and-prevention>
  - EWC Participant Association mental health and stress relief list: [Support Resources for EWC Participants](#)
- **Other Useful Information:**
  - Social Distancing: How to approach those not taking social distancing seriously: <https://time.com/5819816/coronavirus-social-distancing/>
  - Hawai'i: State of Hawai'i Department of Health updates, resources and information (now available in 8 different languages): <https://hawaiiicovid19.com/>
  - Hawai'i: Resource from Oahu Community Resilience with information, links, and FAQs: <https://www.oneoahu.org>
  - Symptoms: CDC information about symptoms and protecting yourself: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>