

EWC Housing Weekly Update October 8

- **State of Hawai'i Travel Policy:** As you may have seen, the State of Hawai'i is planning to start a pre-arrival testing program next Thursday, October 15, which will allow travelers with a negative test 72-hours prior to arrival to enter the state without a quarantine.

Please be advised that this policy does not apply to East-West Center housing. To maximize everyone's health and safety in our shared housing, the **Center will continue to enforce two-week quarantine or self-isolation for travelers before returning to housing.**

The details of the Center's policy and procedure for travel after October 15 will be sent in next week's update. In the meantime, please consult with your Program Coordinator before making any travel plans.

The EWC continues to strongly discourage travel unless it is required.

Resources

- **New updated policy:** [Positive Covid-19 Test, Symptoms - Procedure for EWC Students](https://ewcparticipantinfo.org/wp-content/uploads/2020/10/Positive-Test2c-Symptoms-Procedure-for-Students-1.pdf) (<https://ewcparticipantinfo.org/wp-content/uploads/2020/10/Positive-Test2c-Symptoms-Procedure-for-Students-1.pdf>)
- Full text of Sept 23 City Order for Honolulu: https://www.honolulu.gov/rep/site/may/may_docs/Emergency_Order_No._2020-27_certified_-_signed.pdf
- **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.
 - 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

- 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: https://content.getrave.com/content/5958154/b0e6c8eb-04ae-4fda-8b24-c52d32318225/8d91da0e-b462-4c5b-815f-570227036179/Support_Resources_for_EWC_Students.pdf
- **Other Useful Information:**
 - Data on Covid-19 spread in Hawaii: www.covidpau.org.
 - You can track Hawai'i's Covid-19 testing and positivity rates here: <https://public.tableau.com/en-us/s/authors#!/>
 - 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://hawaiicovid19.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/index.html>
 - Emergency Planning: The CDC has put together [this guide](#) for emergency planning
 - Cybersecurity: Info about scams related to Covid-19: <https://www.us-cert.gov/ncas/current-activity/2020/03/06/defending-against-covid-19-cyber-scams>