

EWC Housing Weekly Update - November 19

- **Staying safe while giving thanks:** With virus cases rising dramatically on the continental US, and cases in Hawai'i too high to move to Tier 3, the potential for additional infections at Thanksgiving gatherings is a serious public health threat. Ideally, we would celebrate only with our immediate family/household. But if you choose to participate in a holiday gathering on Thursday, November 26, please be guided by these considerations:
 - Limit the group to 5 or fewer: this is the law in Hawai'i. Health officials [recommend that families celebrate with their own households at home or with others virtually during Thanksgiving](#) next week, saying traditional holiday festivities hosting friends and families from multiple households are among the “highest-risk scenarios” for transmitting COVID-19.
 - Ventilation is essential: if you are indoors, keep the windows open. Better yet, gather outdoors in a breezy place.
 - Duration matters: enjoy your meal and then bid each other aloha—lingering increases risk.
 - Reduce exposure: maintain 6ft. social distance at all times, wear masks as much as you can, wash hands, don't share food or objects (bring your own utensils and food)
 - For more guidance on safe gatherings: <https://hawaiicovid19.com/safe-gatherings/>
- **Testing Results:** After the testing of students last week, we are pleased to report that there have been no additional positive cases identified. This is good news and a testament to the measures all of you are taking to protect yourselves and each other. But this reflects a moment in time, and everyone must remain vigilant at all times.
- **Full implementation of COVID-19 temperature screening in the EWC dorms will start sometime during the week of 11/23 - 11/27.** The entrance to Hale Mānoa will be equipped with a temperature screening device, while Hale Kuahine residents will be issued individual digital thermometers. The complete procedures are forthcoming.

Resources

- **EWC Notice:** [Burns Hall Temperature Screening Protocol](#)
- **EWC Notice:** EWC Travel Policy: [EWC Housing Travel Policy Effective Oct. 15, 2020](#)
- **EWC Notice:** [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.
- 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:**
 - Link to UH Mānoa [Counseling and Student Development Center](#).
 - The range of free services to UH Mānoa students include time-limited individual and group counseling, crisis intervention, support spaces for open discussion, peer-to-peer support, outreach activities and/or referral to on-campus resources and community providers.
 - Link to Hawaii Adult Mental Health Division, including CARES hotline: <https://health.hawaii.gov/amhd/>.
 - Link to UH additional mental health resource page: <https://manoa.hawaii.edu/covid19/guidelines/non-discrimination/>
 - 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: [Support Resources for EWC Participants](#)
- **Other Useful Information:**
 - Honolulu Re-Opening Strategy: [Tier-System Infographic](#)
 - 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/symptoms.html>