

EWC Weekly Update - September 10

- **Extension of Stay-At-Home Order:** Honolulu Mayor Kirk Caldwell has extended the stay-at-home/ work-from-home until September 24. This means socializing with others outside of your domestic unit in EWC Housing remains against the law, and grounds for a hefty fine. More importantly, violating the latest order can put you and others at risk of Covid-19 infection. Please continue to show your aloha by complying with the Order and helping to keep our 'ohana as safe as possible.
- **Outdoor Activities:** Limited outdoor activities are allowed starting today (Thursday 10 Sept). You are now allowed to use beaches, parks, and hiking trails again, with a critical caveat: activity in these areas is limited to **single** individuals - this means couples, friends, and families are not allowed to use beaches and parks together. Permitted activities include reading, meditating, eating, jogging and sitting alone.
- **Food Pantry:** Thanks to a wonderful and generous food donation from a EWC friend, the Hale Hālāwai food pantry will be reopened to all residents between **Thursday, 9/10 to Sunday, 9/13**. From Monday, 9/14 it will revert to restricted access for quarantined students and their buddies. Important reminders:
 1. Bring your own bag, basket, or box
 2. Wash your hands prior to arrival, wear a mask, and abide by social distancing guidelines at all times
 3. Respect the designated distribution times. Please do not arrive before 10:30am or after 1:30pm.
- **EWC Kitchen Rules:** Take every precaution to practice safe social distancing when sharing kitchen areas with others, including wiping down surfaces before and after use. Please take a moment to remind yourself of the Covid-19 kitchen rules:
 - Residents may only use the kitchen to which they have been assigned.
 - **Hale Mānoa:** No more than four (4) residents at any time. This applies to all kitchens.
 - **Hale Kuahine:** No more than three (3) residents at any time in the large (D-Wing) kitchen. No more than two (2) residents in the small (B-Wing or Courtyard) kitchen.
 - Residents should limit their time in the kitchen to no more than 45 minutes.
 - Masks should be worn at all times while using the kitchens, except when eating.
- **Visitors:** As a reminder, residents are only permitted access to the EWC residence hall in which they reside. This means that Hale Mānoa residents should not be entering Hale Kuahine, and vice versa. Outside visitors and/or guests are not permitted in any EWC housing building. If you notice someone in your building who does not appear to be a resident, please do not hesitate to

notify the front desk of Hale Mānoa. Closing our buildings to visitors is the best way to minimize exposure and ensure contact tracing measures will be effective.

- **Free Covid-19 Testing on UH Campus:** Free Covid-19 walk-in testing will be available Sunday, September 13, on McCarthy Mall, from 9 a.m. to 4 p.m. Pre-register when UH Manoa becomes available at: <https://doineedacovid19test.com/>. See below what to do if you test positive.

- **Positive Covid-19 Test:** To those you who are taking advantage of free testing on campus and elsewhere, thank you for your aloha. As a reminder, if you test positive, you **must** do the following immediately:
 1. Return to your room and stay there. It is important to separate yourself from other people immediately.
 2. Notify EWC Housing and your EWC Program Coordinator (please note: this is NOT OPTIONAL. Notification is required under EWC policy. We want to help and support you to recover).
 3. Call your healthcare provider and tell them your concerns/test results/symptoms. They will advise you.
 4. Pack your personal things immediately to move to Lincoln Hall for 14-days. Housing will arrange for your move to Lincoln Hall and will advise you of quarantine procedures. You should avoid close contact with other residents and staff as you do this.
 5. After you are situated in Lincoln Hall:
 - a) Activate your support network as needed. Work with EWC Education Program staff and your support networks to help you manage the 14-day quarantine.
 - b) Confirm emergency contacts with your EWC Program Coordinator.
 - c) Put together information for contact tracers about where you've been and who you have had contact with during the past 3-5 days.*

IMPORTANT NOTE: All suspected and confirmed positive cases of Covid-19 will require isolation in Lincoln Hall. Note that your healthcare provider may recommend that you stay in isolation for longer than 14 days depending on the severity of your illness. Additionally, your healthcare provider and/or EWC may require that you undergo repeat testing for Covid-19 to end your isolation.

- Confirmed or suspected Covid-19 case with symptoms
 - 14 days since symptoms first appeared **AND**
 - At least 24 hours with no fever without fever-reducing medication **AND**
 - Symptoms have improved
- Confirmed Covid-19 case without symptoms
 - Continue to have no symptoms **AND**

- 14 days have passed since the date you had your positive test

* **Notifying Residents:** The East-West Center will work with individuals on appropriate notification of residents in accordance with state and federal privacy regulations. In the event of a confirmed case, the Center will work under the direction of the Hawai'i Department of Health and abide by their guidelines and directives.

What do I do if I have symptoms of Covid-19 or have suspected or confirmed exposure but haven't been tested?

- 1. Return to your room and stay there.** It is important to separate yourself from other people immediately, just in case you do have Covid-19.
- 2. Notify EWC Housing** and your EWC program Coordinator.
- 3. Call your healthcare provider** and tell them your symptoms or about your exposure. If you don't have a healthcare provider, call an urgent care center or The Aloha United Way for more information:
 - Queen's Hospital is staffed 24/7 with a registered nurse to answer questions about Covid-19. Call 808-691-2619.
 - 2-1-1 Call Center for Information on COVID-19. Call 2-1-1 from any location in the state (HI)
 - The Aloha United Way call center is open daily between 7 am – 10 pm For information or questions about Covid-19:
 - Text 877-275-6569
 - Email info211@auw.org
 - Visit <https://health.hawaii.gov/docd/advisories/novel-coronavirus-2019/>
 - For more information, check out the CDC guidelines here: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>
- 4. Please notify Housing and your Program Coordinator if you will get tested and plan/prepare for the following:**
 - Transportation to the testing site (we recommend you use a taxi, Uber or Lyft);
 - Pack your things immediately and be prepared to move to Lincoln Hall for 14-days. Housing will arrange for your move to Lincoln Hall if necessary and will advise you of quarantine procedures. You should avoid close contact with other residents and staff as you do this.

- Activate your support network as needed. Work with Education Program staff and your support networks to prepare for possible quarantine as outlined above.
- Confirm emergency contacts with EWC.

Please download a copy of this [Procedure for a Positive Test or Suspected Case here](#).

This document and all EWC COVID-related Housing and Quarantine Rules and Policies can be found on the Student Portal: <https://ewcparticipantinfo.org/covid-19/>

We recommend you bookmark page this for easy reference.

Resources

- **Covid-19 Guidelines from UH**
 - These guidelines have been announced for fall 2020: <https://www.hawaii.edu/covid19-guidelines/>
 - **NEW:** Register for Covid-19 test at UH: <https://doineedacovid19test.com/>
- **Covid-19 FAQs and Emergency Contacts:**
 - EWC FAQs including what to do if you think you have been exposed to Covid-19: [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.
- **NEW Covid-19 Information Resource:** A consortium of local organizations called the Hawaii Covid Collaborative has published a new information website with real-time data about Covid-19 spread in Hawaii. You can find it here and in some Asian languages as well as in English: www.covidpau.org
- **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](https://www.honolulu.gov/rep/site/may/may_docs/EO_2020-26.pdf)

- **Other Useful Information:**

- **NEW:** Full text of Sept 8 Stay at Home Order for Oahu: https://www.honolulu.gov/rep/site/may/may_docs/EO_2020-26.pdf
- **NEW:** 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#!/>
- Gov. Ige's reopening strategy: https://governor.hawaii.gov/wp-content/uploads/2020/05/EMBARGOED_Gov_Reopening-Presentation-Slide-Deck_18-May-2020-1206-PM.pdf
- 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/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>