

EWC Weekly Update September 17

- **Community Health:** The restrictions of these past three weeks—continued isolation, beaches/parks open only to solo exploration—have tried everyone’s patience. Yet the efforts are paying off: Covid-19 rates are dropping in Honolulu and across the state. The EWC ‘ohana has remained vigilant, thereby contributing to the health of our larger Hawai’i ‘ohana. Maintaining the ties that create ‘ohana—respect, communication, cooperation—has made this possible. Everyone in the Center community has contributed to this effort, especially the residential community and the Housing and Education staff. A sincere mahalo to all for this huge effort.
- **Working Together:** Please remember that to protect the EWC community’s continued health, the Center has a zero-tolerance policy when it comes to our Covid-19 regulations. The Education Program and Housing staff work together in support of these regulations
 - If you observe a fellow resident to be in violation of a particular policy, a good first step is to have a conversation with the resident about the importance of adhering to the Covid-19 house rules. They might just need a reminder!
 - If the resident is not receptive, or they continue to violate Covid-19 policy, please contact the Hale Manoa front desk (944-7960) and/or [h housing@eastwestcenter.org](mailto:housing@eastwestcenter.org).
 - Please remember that you also can reach out to your Education Program coordinator as a next or additional step.

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.
 - 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
- **Other Useful Information:**
 - Full text of Sept 8 Stay at Home Order for Oahu: https://www.honolulu.gov/rep/site/may/may_docs/EO_2020-26.pdf
 - 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>