

EWC Housing Weekly Update - December 3

Good News: Vaccines on the Horizon: The first regulatory approval was granted this week to rollout a COVID-19 vaccine (in the UK), offering a glimpse of light at the end of a long tunnel. While good news, vaccines will not be generally available for some months, so now is not the time to drop our guard. Production, storage, and distribution of the different vaccines are complex logistical matters that will take time.

Bad News: Cases Spiking on US Mainland: Meanwhile, cases in the continental United States are rising dramatically, setting new records for daily deaths and hospitalizations, with an anticipated spike after the recent Thanksgiving holidays still to come. Due to this, the CDC and public health professionals are strengthening their calls for people not to travel and not to gather for the upcoming December holidays and school breaks. We echo these calls.

COVID-19 Policy and Information Site: We have been updating the COVID-19 Information site on the EWC student portal, and we encourage you to visit the site to access EWC policies and resources on temperature checks, self-isolation, emergency plans, off-island travel, quarantine information and resource, and more. Here is the link: <https://ewcparticipantinfo.org/covid-19/>. If you have recommendations for other resources to be included on the site, please inform your Program Coordinator.

Planning for Quarantine or Self-Isolation: With the new temperature screening process now in place, we encourage everyone to take time once again to prepare in advance for the possibility of sudden quarantine or self-isolation. Please review the Individual [COVID-19 Emergency Plan](#) guidance on the Student Portal. The revised [Quarantine FAQs](#) and [Instructions for Quarantine](#) may also be helpful for your planning process.

Ho'opuka: The Winter 2020 Ho'opuka Ceremony, celebrating those who are completing their awards at the East-West Center, is coming up on Thursday, December 10, at 3pm. The ceremony will be held on Zoom, and you are invited to attend. Please RSVP using this link: [Ho'opuka RSVP](#). The deadline to RSVP as a guest is Wednesday, December 9, at 4pm. Please join us in congratulating our honorees!

Resources

- **EWC Notice:** [EWC COVID-19 Policy and Resource Site](#)
- **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 [EWC COVID-19 Policy and Resource Site](#)
- 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>