

EWC Housing Weekly Update - December 10

Ho'opuka: Congratulations to our Ho'opuka honorees! Today's celebration acknowledges the accomplishments of participants who have completed their East-West Center awards and are preparing to embark on a new journey.

Temperature scans and food deliveries: Thank you to all for your patience and cooperation with the new temperature scanner protocol. Please also contribute to the health of our community by using only the Makai entrance to enter Hale Mānoa and the Mauka doors to exit the building. Residents should not use the emergency exits to receive food deliveries.

Quarantine and Self-Isolation Protocols: The Hawai'i Department of Health (DOH) has announced it is reducing the mandated quarantine period for individuals exposed to COVID-19 (close contact) from 14 days to 10 days based on the new recommendations from the Centers for Disease Control and Prevention (CDC). Please be advised that **the East-West Center will continue our policy of requiring 14 days of quarantine or self-isolation (per current policy) in Lincoln Hall after exposure or travel.** The data indicate that there is still a significant reduction of risk with a 14- versus a 10-day isolation period. As a congregate living facility, the Center feels it must apply the safest standard that it can to maintain a safe and healthy environment for staff and students.

Managing stress: With finals approaching next week, and holidays soon after, performance anxiety and heartache are common. You doubtless have your own tried-and-true strategies for managing stress, but this could be a time to employ new ones. "Top 10 Emergency Stress Busters" are among useful and creative suggestions detailed [in this article](#). You will find more mental health resources below, in the larger Resources section, including a link to UH counseling services. Remember, too, that your EWC program coordinators are a source of support.

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:**
 - *NEW:* [Managing Stress](#), from the American Heart Association.
 - 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>