

Instructions to Self-Quarantine at EWC

All out-of-state arrivals will be required to spend two weeks in Lincoln Hall. During this time, they will be forbidden from entering any EWC building other than Lincoln Hall. The restrictions placed upon the resident during their stay at Lincoln Hall will depend on whether they have met the requirements of the **State of Hawaii Pre-Travel Testing Program**.

What is the State of Hawaii Pre-Travel Testing Program?

It is a way to bypass Hawaii's mandatory quarantine program. In order to bypass the quarantine, travelers will need to follow the instructions found on the *Safe Travels Hawaii* website (<https://hawaiicovid19.com/travel/>), which include taking a Covid-19 test from a certified lab no more than 72 hours from the departure of their flight to Hawaii.

NOTE: If a resident chooses not to participate in the Pre-Travel Testing Program OR does not fulfill the requirements of the Pre-Travel Testing Program, they will be subject to a mandatory 14-day quarantine at Lincoln Hall. During this time, the resident will not be permitted to leave their room for any reason—except in an emergency or to seek medical care.

If a resident meets the requirements of the State of Hawaii Pre-Travel Testing Program:

- They will **self-isolate** in Lincoln Hall for 14 days.
- For the purposes of this policy, **Self-Isolation** means:
 - Contact with others should be avoided as much as possible; however, basic needs such as shopping for food and essentials, exercise, work, etc. can be met.
 - Residents may leave their room at LH to meet these needs.

If a resident DOES NOT meet the requirements of the State of Hawaii Pre-Travel Testing Program, they will be required to self-quarantine. Here are the EWC Self-Quarantine Policies:

- You must stay in your assigned room for a minimum period of 14 days. As such, you will be issued a one-time use key upon check-in.
- Do not visit any shared spaces in Lincoln Hall, including but not limited to the lobby, laundry room or public restrooms.
- Do not visit any public places outside of Lincoln Hall such as campus buildings, grocery stores, shopping centers or local attractions.
- You can only leave your assigned room for medical emergencies or to seek medical care. Call ahead before visiting your doctor.
- Ask someone to deliver food and other necessities at your room door. Coordinate with EWC Housing for building entry. Please note that all deliveries must be scheduled before 8:00 p.m.

- Do not allow visitors in or out of your assigned room other than a physician, healthcare provider, or individual authorized to enter your assigned room by the Director of Hawai'i Emergency Management Agency.
- Nothing should leave your room during quarantine except for rubbish and EWC owned linens as described below.
- Comply with all EWC rules and protocols.
- You must clean and disinfect your assigned room regularly. No housekeeping services will be provided in your assigned room.
- Wash your hands often with soap and water for at least 20 seconds.
- Rubbish must be bagged, sealed and placed outside of your room door for pick-up by housekeeping.
- Clean bedding and towels will be provided once every 7 days in a bag left outside your room door. Place soiled linens in the provided bag and place outside of your room door for pick-up by housekeeping.

Monitor Your Health

- While in quarantine, monitor yourself for symptoms including fever, chills, cough, shortness of breath, difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea.
- Take your temperature with a thermometer two times a day. EWC will provide thermometer.
- Call a healthcare provider if you develop symptoms within 14 days of arriving in Hawai'i. If you experience a medical emergency, call 911 and tell them your travel history.

Managing Your Quarantine

- Keep in touch with family members and friends via telephone, video calls, or other means.
- Where possible, keep up normal daily routines, such as eating and exercise (in your room!).
- If you need mental health support, call the Crisis Line of Hawai'i at 1-800-753-6879.
- If you have questions about quarantine or COVID-19, call 211 or visit www.hawaiicovid19.com
- EWC may require a COVID-19 test at some point during the quarantine.

After 14 Days

- Individuals who have completed the 14-day quarantine without developing symptoms can return to their daily activities outside of EWC and can plan to check in to their long-term dorm rooms.
- EWC may restrict individuals from other EWC buildings and require them to remain in their assigned Lincoln Hall room rather than move or return to their Hale Mānoa or Hale Kuahine dormitory room if conditions require.

Resources

- **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:**
 - [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>