

## EWC Housing Weekly Update - January 7

- **Keeping our guard up in 2021:** The roll out of vaccines in the US provides a hopeful note for 2021, but in the meantime, COVID-19 infections have surged in many mainland states, Hawai'i's positivity rate has climbed, and a more infectious COVID-19 variant has spread from Europe to at least three US states. These conditions require that we double-down on our COVID-19 protocols: mask-up in all public spaces, especially as mandated in EWC facilities and grounds, maintain that critical 6-foot distance at all times, and wash your hands regularly during the day. You will be protecting yourself and others.
- **Hale Hālāwai:** Due to numerous violations of the Center's COVID-19 policy, Hale Hālāwai may be used **only** for food distribution events. Any other event/activity must be approved in advance by the EWC Facilities office. Please do not use the bathrooms in Hale Hālāwai unless you are participating in an official event.
- **Start of UH Semester:** The Spring 2021 semester at UH begins next week, Monday, January 11. We encourage you to check in with your department, make sure you have completed your registration, and stay up to date with any new policies or procedures your department may put in place.

## 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](mailto: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:**
  - Resources for [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 Hawai'i . <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](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>