

EWC Housing Weekly Update - January 21

- **COVID-19 Alert App:** The University of Hawai'i joins the Hawai'i Department of Health (DOH) in encouraging everyone to download and utilize the AlohaSafe Alert app, a free COVID-19 exposure notification app available at <https://www.alohasafealert.org/>.
 - Once added to your smartphone, AlohaSafe Alert will send a notification within 48 hours if you come into close contact (within six feet for at least 15 minutes) with someone who is also using the app and has tested positive for the virus in the previous 14 days.
 - All of the data collected will be kept anonymous, and only DOH will have access to it. Should an app user test positive for COVID-19, their identity is kept private from anyone who receives an alert, and their identities are kept private from other app users. The more people who use the app, the more effective it will be to stop the spread of COVID-19.
- **Meditation:** The EWC student quarantine support team is hosting a virtual meditation event tomorrow evening at 6pm (Friday, January 22), and you are invited to participate. The goals of the session are to help people clear their minds, reduce stress, and enjoy a moment of peace after a week of work. You can RSVP at [this link](#).

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:**
 - [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>