

## EWC Housing Weekly Update - January 28

- **COVID variants now in Hawai'i:** The State Department of Health has confirmed the presence of at least one new COVID-19 variant - L452R - in Hawai'i. While the science is not yet clear on whether variants are more infectious, at least one appears linked to increasing infections in California. Given that Hawai'i has one of the highest COVID-19 reproduction rates, this is a good time to evaluate your masks for effectiveness. Note that the US Centers for Disease Control and Prevention (CDC) describes bandana-like masks as relatively ineffective and instead encourages multi-ply masks. See "[Your Guide to Masks](#)" for information about best mask practices.

## Resources

- **New: Your Guide to Masks (CDC):** [Your Guide to Masks \(CDC\)](#)
- **New: COVID-19 and Your Health (CDC):** Symptoms, testing, what to do if sick, daily activities, and more: [COVID-19 and Your Health \(CDC\)](#)
- **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:**
  - [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](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>