

## EWC Housing Weekly Update - February 4

- **Stay Safe on Super Bowl Sunday:** Every traditional occasion for gathering this past year has resulted in a spike of COVID-19 infections. Super Bowl parties on February 7 threaten to do the same. Moreover, new COVID-19 variants have been detected in Hawai'i that appear to be more easily transmitted. Celebrating virtually is the best solution.
- **Access to EWC Campus & In-Person Participant Activities Restricted Through September 1, 2021:** The EWC has announced that access to EWC campus will remain restricted to only essential staff at least through September 1, 2021. In addition, all in-person participant activities will continue to be suspended during this time. The CTF team will continue to assess, with feedback from various teams, when the Center can safely resume in-person activities. Further direction on planning for activities after September 1st is forthcoming. It is assumed that current EWC residence hall rules regarding gatherings and use of public spaces would remain in place throughout this period.

Please note that the September 1st timeframe is subject to change as it is dependent on many factors. While we acknowledge that the uncertainty is frustrating, we are taking every precaution to ensure that we mitigate the risk of COVID-19 exposure at the EWC. We appreciate everyone's patience, understanding, and cooperation during these unprecedented times.

- **Recommendations to Double Mask:** There is renewed interest in double masking as [variants](#) that appear to be more contagious emerge from the U.K, South Africa, Brazil and California. In addition, a new highly transmissible variant may be [present in Hawai'i](#). Given that Hawai'i has one of the highest COVID-19 reproduction rates, this is a good time to evaluate your masks for effectiveness.

While the gold standard N95 masks are still hard to find and should be reserved for health care workers on the frontlines of the pandemic, layering masks (e.g. – double masking) reduces the porosity of face coverings, which better protects people from infectious respiratory droplets. As an alternative to double masking, KF94 masks from South Korea are most comparable to a hybrid of the medical-grade N95 masks and the more common cotton masks, with four layers of filtration as opposed to three. KF94 Masks are sold on [Amazon](#) for US consumers.

Finally, please bear in mind the observation of EWC epidemiologist Dr. Tim Brown: mask-wearers often neglect social distancing. **Protection from COVID-19 comes from the combination of masks and social distancing, not one or the other.**

- **The Exchange:** The Spring 2021 series of The Exchange has started, and the next session will be on Monday, February 8. The theme of The Exchange this semester is Globalization Reconsidered: Perspectives on Ongoing Debates. The sessions are open to everyone! Guests must RSVP at [this site](#) to receive the connection link. Information about weekly sessions can be found at [www.ewctheexchange.com](http://www.ewctheexchange.com).
- **IGSC:** The International Graduate Student Conference is coming up next week on February 11-13. This year's conference theme is Lei of Knowledge. Now in its 20th year, the IGSC is one of the largest international graduate student conferences focused on the Asia Pacific region. Many

EWC students will be presenting their research. Connect with your colleagues at this community event! Information is at [www.eastwestcenter.org/studentconference](http://www.eastwestcenter.org/studentconference).

## 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:**
  - [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 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>