

EWC Housing Weekly Update - February 11

- **Recommendations to double mask:** The especially infectious [UK variant of COVID-19](#) is now confirmed to be in the state, according to a Hawaii Dept. of Health announcement on February 6, 2021.
 - The best protection is a tight-fitting, non-porous mask, social distancing, and handwashing.
 - [New CDC guidance](#) says **double-masking with cloth and surgical mask** reduces the porosity of face coverings, providing better protection from infectious respiratory droplets. This article also emphasizes **maximizing the fit of masks** for best protection.
 - As an alternative to double masking, KF94 masks from South Korea are most comparable to a hybrid of the medical-grade N95 masks and cotton masks, providing 4 layers of filtration rather than three. KF94 masks of reliable quality are available on [Amazon](#).
 - The EWC strongly recommends that Housing residents (and staff) double-mask or use the higher grade KF94 mask while at the Center.

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](#)
- **New! CDC Guidance on Double-Masking, Maximizing Fit of Masks:** [Maximizing Fit for Cloth and Medical Procedure Masks to Improve Performance and Reduce SARS-CoV-2 Transmission and Exposure, 2021 | MMWR \(cdc.gov\)](#)
- **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 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
- 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:**
 - **NEW:** Recommendation from [CDC for double-masking](#)
 - 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>