

EWC Housing Weekly Update February 25

State Covid-19 restrictions changing: Beginning today, the state is moving to “[Tier 3](#)” of its “[Re-Opening Strategy](#).” The Tier 3 regime permits socializing (in restaurants and elsewhere) of up to 10 people, including those from different households.

No change in EWC policies: To keep our EWC Housing community safe we are continuing to limit gatherings on the EWC campus to no more than 3 people. As **O’ahu** opens to tourists and permits greater socializing/density, and as the more infectious COVID-19 variants spread, there is an even greater need for vigilance in following COVID-19 protocols:

- The CDC recommends double-masking for a tighter fit and increased filtration: a surgical mask topped by a cloth mask or a KN95 mask from Korea are both effective. Bandana masks are not effective.
- Always have an effective mask or mask combo with you and wear it/them properly (up over your nose and under your chin).
- Wash hands often and carry hand-sanitizer for when you can’t use soap and water.
- Practice social distancing (at least 6 feet away from others even when masked).

Mahalo for keeping our housing community healthy and contributing to Hawai’i’s health overall!

Understanding the Tier system

The Tier system is Hawai’i’s reopening strategy: it defines four tiers of increasingly liberalized social interaction and business activity, with movement up the tiers determined by consistently decreasing COVID-19 case and positivity rates. The tiers help people navigate life under Covid-19, particularly legal regulations. For the past few weeks, we have been in Tier 2 and move to Tier 3 today due to our case numbers and positivity rate remaining consistently below 49 and 2.49%, respectively. (Indeed, the 7-day averages for COVID-19 cases and the positivity rate on O’ahu are significantly better than that: 29 and 1.1%, respectively.) O’ahu must stay in Tier 3 for a minimum of four weeks. If it can then maintain 19 or fewer COVID-19 cases and a positivity rate of less than 1% for 14 consecutive days, it can advance to Tier 4 (which would increase social gatherings to 25 people). The Tier system infographic in Resources (below) provides further information.

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 Feb 18, 2021](#)
- **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:**
 - **Featured:** 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>