

EWC Housing Weekly Update - March 4

- **Covid-19 cluster at UH Mānoa:** Hawaii News Now reported today that a Covid-19 cluster among students in the UH dorms is growing. Those affected and their close contacts have moved off campus for isolation. We wish them a speedy recovery. The cluster is a reminder that we cannot lessen our Covid-19 precautions, despite the welcome decline in cases in the islands.
 - Remember: double mask; keep social distancing (6 feet); and wash your hands often with soap and water or carry disinfectant handwash when you are on the go. Please note: bandanas or knit tubes are not sufficient protection for you and those near you.
- **Vaccination strategy:** The State of Hawai'i is proceeding with its vaccination plan, and people in group 1B are now eligible for vaccines. This includes people aged 75 and older, as well as essential workers. More information about the State vaccination plan is available at this site: [Hawai'i vaccination strategy](#).

Resources

- **EWC Notices**
 - [EWC COVID-19 Policy and Resource Site](#)
 - [Burns Hall Temperature Screening Protocol](#)
 - [EWC Housing Travel Policy Effective Feb 18, 2021](#)
 - **Positive Covid-19 Test, Symptoms - Procedure for EWC Students**
- **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](#).
 - Link to Hawaii Adult Mental Health Division, including CARES hotline: <https://health.hawaii.gov/amhd/>.
 - 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:** [Hawai'i vaccination strategy](#)
- Honolulu Re-Opening Strategy: [Tier-System Infographic](#)
- 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 O'ahu 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>