

EWC Housing Weekly Update - March 10

- **A second highly infectious variant found in Hawai'i:** The Department of Health is investigating multiple infections caused by a COVID-19 variant originally found in South Africa that has been identified in Hawai'i. This variant joins an earlier variant from the United Kingdom, both of which are described as highly transmissible. Neither variant has been decisively linked to more severe disease; they are, however, linked to more rapid disease spread. So: mask up, keep your distance, wash your hands.
- **Join the KUMU Project Workshop for art and 'ohana:** The East-West Center Arts Program invites EWC Participants to join a KUMU Project workshop with EWC alumna, artist Meleanna Meyer this **Friday, March 12**. Per the organizers, "In this workshop, kumu Meleanna will walk us through creating a KUMU Project booklet together as we reflect upon our EWC experiences, our experiences during this challenging time, and our hopes and dreams for the future. This project is a unique opportunity to reconnect with the entire EWC network and global 'ohana." The workshop is free, but registration is required. Please register [here](#). For more information about the KUMU Project, visit the website at: <http://arts.eastwestcenter.org/kumuproject/>

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:**
 - [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>