

EWC Housing Weekly Update - April 8

- **COVID-19 cases rising across the US:** Despite the increasing success of the COVID-19 vaccinations rollout, the average number of new cases in the United States has risen by 19% over the past two weeks. One possible explanation is that the B.1.1.7 variant, which is 60% more contagious and 67% more deadly, is now in every state and has become the dominant source of infections, according to the CDC.
- **O'ahu spike:** Hawai'i's Department of Health announced this week that **O'ahu** cases have jumped 42% over the past two weeks. Interviewed yesterday in the *Star-Advertiser*, Dr. Tim Brown, epidemiologist and senior fellow at the East-West Center, said he was "concerned because we are continuing to see community spread" and "vaccine-wise, we're still far from where I'd like to be" (Hawai'i has administered one dose to 30% of its total population of 1.4 million). Dr. Brown noted that the highest number of COVID-19 cases is among the younger population, including 42% among those aged 18-39. Herd immunity is reached when a minimum 70% of the population is vaccinated, but optimally 80-85%.
- **EWC COVID-19 policies unchanged:** With infection rates rising, the EWC will continue with its long-standing and successful regime of anti-COVID-19 policies:
 - Gatherings of no more than 3 persons indoors or outdoors
 - Masks/face coverings are required on the EWC campus, including all buildings and outdoor areas. Double-masking is preferred; bandanas and masks from t-shirt and other stretchy material are not effective
 - Social distancing: a minimum of 6 (six) feet between people at all times
 - Frequent handwashing

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>