

## EWC Housing Weekly Update - April 15

**It's your turn to be vaccinated:** All O'ahu residents aged 16 or above will be eligible for COVID-19 vaccination starting Monday, April 19. Please note that registration for appointments next week may already be **available now** at some vaccination locations, such as Pier 2 (Hawai'i Pacific Health). To book, visit the State of Hawai'i COVID-19 portal at <https://hawaii-covid19.com/vaccination-registration/>.

The UH Vaccination Team shared some helpful tips for making an appointment:

- Be persistent. Sites update their appointment availability regularly. If a site does NOT have appointments, check back daily.
- Search for sites that make the most sense for you and your schedule. You may want to avoid the final exam period, as some don't feel well for 1–2 days after vaccination, especially after a 2nd dose.
- Be aware of the protocols for each of the three approved vaccines:
  - Pfizer: two doses with a minimum 21-day interval between shots
  - Moderna: two doses with a minimum 28-day interval between shots
  - Johnson & Johnson: one dose (Note: The Johnson & Johnson coronavirus vaccine distribution was paused on April 13 by the federal government to check possible health side effects)

We encourage everyone to be vaccinated to protect yourself, your family, and our entire community. The CDC reminds all vaccinated people that masks should still be worn after you are vaccinated and social distancing maintained until “we know more.” Information about safe post-vaccine practices is available at [When You've Been Fully Vaccinated](#), from the CDC. With cases climbing on the US continent and in Hawai'i, we need to stay vigilant during this period. Thus, EWC anti-COVID-19 policies remain unchanged.

**Town Hall/Information Session: Tuesday, April 20, 4:00 pm:** We encourage all of you to join for this information session with EWC Senior Fellow and epidemiologist Tim Brown on “Vaccines, Variants, and the New Normal.” Dean Ann Hartman and Kris Thompson, Student Services Administrator, will be available after the presentation for a Q & A on the summer travel policy and the outlook for Fall 2021. Please see flyer from EWCPA for the event.

## 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](mailto: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](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:** CDC information about post-vaccination safe practice: [When You've Been Fully Vaccinated](#)
  - [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>