

## **EWC Housing Weekly Update May 5**

**Changes to Travel Policy:** In response to feedback from the residential community, as well as changes in the COVID-19 situation in Hawai'i, the East-West Center has adjusted its Summer Travel Policy (effective May 16, 2021). The full policy document is attached and will be available on the Student Portal [EWC COVID-19 Policy and Resource Site](#).

**Monitor Travel Restrictions:** Please be advised that new rules and restrictions on travel could be imposed at any time, both in the State of Hawai'i and in locations where students are traveling. For current national and international travel advisories, please consult [Travel.State.Gov](#).

### **Changes to EWC COVID-19 Housing Rules:**

- **Social Gatherings** of up to ten (10) people are now permitted in outside areas of the EWC (Friendship Circle, the Japanese Garden, the Imin lānai, etc.). Social distancing and mask requirements remain in effect.
- **Kitchen Occupancy:**
  - **Hale Mānoa:** Up to five (5) residents may now use the kitchens at any given time. This applies to all kitchens.
  - **Hale Kuahine:** Up to four (4) residents may now use the large D-Wing kitchen at any given time.

All other COVID-19 housing rules remain unchanged. An updated version of the EWC COVID-19 Housing Rules can be found on the Student Portal [EWC COVID-19 Policy and Resource Site](#).

**New Mental Health Resource:** Please see new mental health resource highlighted below.

### **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/>.
- **New!** Link to Mental Health America of Hawaii, a community organization that provides free information about mental health resources: <https://mentalhealthhawaii.org/>.
- 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:

- [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://hawaii-covid19.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>

## Attachments

 [NEW Summer Policyda462b59062922eba26df3555f0505bfd538cb2a6ae531e282f94d59dede7c99.pdf](#)