

EWC Housing Weekly Update May 13

Congratulations to the Graduates! Graduation celebrations are in order, and now can include up to 10 people—masked and socially distanced—in the outdoor areas of the Center. The limit remains 3 people for indoor gatherings.

Summer Plans: Please be careful as you initiate your summer plans this year. Travel remains restricted in many countries, the risk of infection is still present, and policies may change at short notice if there are new developments with the pandemic. Please consult the [EWC summer housing policy](#), and, if you travel, please check regularly for new advisories or restrictions both for the State of Hawai'i and your travel location. Finally, please keep your program coordinators informed of your plans, and please send updates if your plans change.

Resources

- **EWC Notices**
 - [EWC COVID-19 Policy and Resource Site](#)
 - [Burns Hall Temperature Screening Protocol](#)
 - [EWC Housing Travel Policy Effective May 16, 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.
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- **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>