

## EWC Housing Weekly Update June 23

**Updated quarantine policy:** Per CDC guidance, all suspected and confirmed cases of COVID-19 will require a 14-day quarantine at Lincoln Hall, regardless of vaccination status.

**Fully vaccinated** individuals who wish to return to their dormitory room sooner may do so if the following conditions are met:

- At symptom detection, the resident undergoes a medical assessment and tests negative for COVID-19 AND
- The resident quarantines at Lincoln Hall for a minimum of 3 days AND
- Has no fever for at least 24 hours (without the aid of fever reducing medication) AND
- Symptoms have improved AND
- The resident receives a second negative COVID-19 test 3-5 days after beginning quarantine

**Note:** Fully vaccinated individuals who do not wish to take a second COVID-19 test may choose to self-isolate in Lincoln Hall for the full 14 days. The full policy is available on the EWC Participant website:

<https://ewcparticipantinfo.org/covid-19/>

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

- **Social Gatherings** of up to twenty-five (25) people are now permitted in outside areas of the EWC. Social distancing and mask requirements remain in effect.

All other COVID-19 housing rules remain unchanged.

### 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](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:**
  - [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>