

EWC Housing Weekly Update July 1

Observe July 4 with caution: The spread of the more contagious COVID-19 Delta Variant in Honolulu is causing both state officials and EWC epidemiologist Tim Brown to raise alarms about the potential for spread during this holiday weekend.

The 4th of July weekend could be “a major superspreader event among the 40% unvaccinated here. Those people are to the Delta variant what the dry summer mountainsides are to California wildfires,” says Brown. He urges everyone to do “everything necessary to ensure that unvaccinated family and friends in particular take steps to protect themselves, or we will see a major surge 2 to 3 weeks after July 4th.”

We all need to be cautious: the World Health Organization is recommending that everyone, even the fully vaccinated, continue to wear masks and maintain a 6-foot social distance because of the highly transmissible variant.

Many of the usual July 4 fireworks displays and public celebrations have been canceled to limit the potential for COVID-19 spread.

Monday, July 5 is the formal federal holiday for 4th of July.

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.

- **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://hawaiiicovid19.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>