

## EWC Housing Weekly Update July 29

- **Revised mask mandate from CDC:** According to the *New York Times* (07/28/21), the CDC now says that people vaccinated for the coronavirus should resume wearing masks in public indoor spaces in parts of the country where the virus is surging. Unfortunately, that currently includes Hawai'i. The decision, according to the Times, was based on "new research showing that even vaccinated people could carry great amounts of the variant virus in nose and throat, suggesting they could spread it to others." Studies have shown that the Delta variant is much more infectious and produces higher viral loads, leading to more breakthrough infections among vaccinated people, and more transmission from vaccinated people to others, even when they are asymptomatic. **As infections and cases surge rapidly here on Oahu, we urge everyone to remain vigilant about masking, sanitizing, and distancing. These are as important now as ever.**
- **Rodent sightings and control:** Some residents have mentioned seeing rodents in Hale Mānoa. Please note that the Housing Office reports that it "is acutely aware of this issue." It has sought out professional pest control services and work is ongoing. Housing adds: "In the meantime, please make sure to secure all food items (e.g., use sealable containers, lock food in cabinets, do not leave food on countertops, and so on). If you see a rodent, please report it to the front desk of Hale Mānoa. Thank you for your patience and understanding."

## Resources

- **NEW:** [How to Get the COVID-19 Vaccine in Hawai'i \(aarp.org\)](https://aarp.org)
- **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://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>