

## EWC Housing Weekly Update August 4

- **New Arrivals and CBI:** Aloha and E Komo Mai to all our new arrivals here at the East-West Center. We are happy to have you here! You will have a chance to learn about the Center and meet many in your new community during the upcoming Community Building Institute. CBI will begin next Monday, August 9, and you will receive more information about the schedule and program by email.
- **COVID cases growing:** The number of COVID-19 cases in Hawai'i has increased 200% in the last two weeks, according to the *Star-Advertiser* (8/4/21), with a 7-day positivity rate of 6.2%, three times the rate of just a few months ago. As of late July, health officials reported that 97% of infections were occurring among the unvaccinated. But officials caution 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 here on O'ahu, we urge everyone to remain vigilant about masking, sanitizing, and distancing. These are as important now as ever.**

## 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:**

- [How to Get the COVID-19 Vaccine in Hawai'i \(aarp.org\)](#)
- [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>