

EWC Housing Weekly Update August 19

Reminder: Vaccine requirement: All East-West Center students entering East-West Center buildings (including residence halls) will be required to be vaccinated against COVID-19. This is in alignment with the University of Hawaii policy, announced August 5, that a COVID-19 vaccine has been added to the health clearance requirement for all students on the UH campus. This mandate applies to all Center staff and visitors to our campus. If you have arrived in EWC housing by Tuesday, August 17, you will be required to present proof of your full vaccination sequence (both shots, for those that require two) by September 15, 2021. Details on how to submit your proof of vaccination are forthcoming.

Masking and Social Distancing: This is a vulnerable moment for our community as new students arrive and students return from summer travel. We have students who are just beginning their vaccine regimen and are not yet fully protected by these lifesaving vaccines. **Please be especially vigilant over these next few weeks** to protect our community. Given the transmissibility of the Delta variant, **we recommend double masking, or wearing N95 or KN95 masks for extra protection, especially if you are not yet fully vaccinated (two weeks after your second dose of two-dose vaccines). If you are unvaccinated and need help getting a high-quality mask, please let housing staff or your Program Coordinator know.**

Please note that vaccinated people can still get infected with the Delta variant and transmit it to others, even if they are asymptomatic. Dr. Tim Brown's video below has valuable insights into how Delta has changed the game in our understanding of COVID-19.

Beginning of the Fall Semester at UH: The first day of classes for the Fall Semester at the University of Hawaii is this coming Monday, August 23. Please be sure to register for your classes and take care of any administrative requirements. Please also communicate with your advisor or graduate chair about any additional adjustments at the department level that may be in place this semester.

Resources

NEW: Video recording of Dr. Tim Brown's EWC Insights talk "Living in the Shadow of Delta":

[EWC Insights: Living in the Shadow of Delta: The Virus Strikes Back - YouTube](#)

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://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>