

EWC Housing Weekly Update August 25

Be vigilant and protect our community: With new students arriving and not everyone fully vaccinated, this is an especially vulnerable time for the campus population. Remember that everyone entering the EWC campus must have completed their full course of vaccine injections by September 15. Because the Delta variant is especially infectious, we **recommend that everyone wear a mask, and either double mask or wear an N95 or KN95 mask for extra protection. This is especially important if you are not yet fully vaccinated (considered to be two weeks after your second dose of two-dose vaccines). If you are still in the vaccination process and need help getting a high-quality mask, please let Housing staff or your Program Coordinator know.** Already vaccinated? You can still get infected with the Delta variant and transmit it to others, even if you are asymptomatic. **So, masking and social distancing are for everyone.**

Stay safe on campus: A series of free online safety workshops can help you stay safe on campus. These workshops, offered by UH Mānoa's Department of Public Safety (DPS), include Active Shooter Awareness & Response, Hurricane Preparedness, and Conflict Resolution & De-escalation training. To view dates and times, or register for a session, please visit this website: <https://manoa.hawaii.edu/dps/workshops/>. If you are short on time, check out the video "Safety at UH Mānoa," at <https://manoa.hawaii.edu/dps/safety-tips/>. In addition, the "Mānoa Guardian," a virtual escort, is available here: <http://manoaguardian.com/> or search for "Rave Guardian" in your app store.

Resources

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>