

East-West Center Quarantine Information and Frequently Asked Questions

What does the East-West Center quarantine entail?

Quarantine means that you may not leave your Lincoln Hall room for any reason for the duration of your required quarantine.

Information for planning your quarantine at EWC:

- **Rooms.** Lincoln Hall includes both kitchen and non-kitchen rooms. All rooms are equipped with private bathrooms, broadband internet, wifi, and telephone service. Kitchen rooms include refrigerator, oven, cooking utensils, cookware, silverware, plates, bowls, cups, water pitcher, hot water pot and toaster (no rice cooker). Bathrooms include towels and toilet paper, basic soap and shampoo. Non-kitchen rooms only have a mini-fridge, no way to heat or cook food. Link to photos of EWC Housing: facilities:
<https://drive.google.com/drive/folders/1Pf9gCt0e0j3oHGRV6eVEGnVVNWn5qWsF?usp=sharing>
- **Food.** All food must be delivered to your door. You may have restaurant meals delivered (UberEats, GrubHub, etc.) and you may arrange for the delivery of groceries from supermarkets. Housing has specific times and procedures for facilitating deliveries and will inform you of these upon check in. EWC may be able to offer other meal options, but these are not confirmed. Please see [COVID Information](#) (“Food Resources” section) on the student portal for more information about food options and delivery procedures.
- **Laundry.** You will not have access to laundry services. You may hand-wash your clothing in the bathroom, and you may exchange dirty bedding and towels after 7 days with clean ones. Please plan to bring some laundry detergent for this purpose.
- **Medications.** Bring a 30-day supply of any medications you require (if possible) and any over-the-counter medications you take regularly. For incoming students, we also suggest you bring any over-the-counter medications that might help with jet-lag or adjustments to a new place (medicines for headaches, upset stomach, etc.).
- **Tech.** Please bring or arrange for the delivery of any essential tech items: phones, computers, tablets, etc. You will need these for your classes at UH, to help arrange for any quarantine needs or deliveries, to stay connected with friends and family, and for incoming students, to participate in CBI. Electricity in the US has a standard voltage of 120 V, frequency of 60 Hz, and uses Type A and B power plugs and sockets. If you are coming from another country, you may need to bring an adapter.

- **Community Support.** The EWCPA can assign you a “buddy” who can help procure basic items, and can check in on you regularly to make sure you have what you need. Current students are encouraged to establish your own support network in advance as part of your [Individual COVID-19 Emergency Plan](#). You can always reach out to your Program Coordinator with any needs. We are here to support you!
- **Smoking.** Smoking and all electronic smoking devices are prohibited by law in all EWC buildings. Thus, no smoking of any kind will be possible during the quarantine period.

FAQs

Will I be able to walk or sit outside during the quarantine?

No, unfortunately. All quarantine rooms have large windows which you can open for fresh air, though.

Can I quarantine elsewhere on Oahu?

No.

My partner or spouse will be joining me and living with me at Hale Manoa or Hale Kuahine. Is he/she allowed/required to quarantine with me at Lincoln Hall?

Yes, if your spouse/partner will also be living in the dormitories, then he/she must also quarantine at Lincoln Hall. You may quarantine together in the same room.

If I have to quarantine or self-isolate in Lincoln Hall due to travel but my spouse does not, can he or she join me in Lincoln Hall during my quarantine/self-isolation?

No.

SCHEDULING

What if I cannot arrive exactly on my check-in date or my flight gets changed or delayed?

Please advise housing ASAP of any delays or changes in your schedule due to travel. Housing will do their best to accommodate you but a kitchen room cannot be guaranteed.

What if my check-in time is early in the morning or very late at night? Can that be accommodated?

Yes, you will be able to check in 24/7. We ask that you notify us of your planned arrival time/date and to inform us of any delays so that we can be as prepared as possible for your check in.

IMPORTANT CONTACTS AND LINKS

- Lincoln Hall Address: 1821 East-West Road, Room #xxx, Honolulu, HI, 96848
- EWC Housing/Hale Manoa Front Desk phone number (24/7): 808-944-7960
- EWC Covid-19 Policies and Resources: <https://ewcparticipantinfo.org/covid-19/>
- University of Hawai'i Student Health Services: 808-956-8965