

EWC Housing Weekly Update November 4

EWC Travel Policy: As the holidays approach, please review the [EWC travel policy](#).

The policy has been updated and takes effect November 4, 2021. It applies only to out-of-state travel. The EWC still requires that all travelers returning from out of the state of Hawaii to self-isolate or quarantine in Lincoln Hall. Inter-island travel will not require self-isolation or quarantine unless required by the State of Hawai'i. Major sections of the policy are listed below, and you will find details on the [EWC Participant Info Site](#).

- **Travel Guidelines**
- **Self-isolation or quarantine requirements**
- **Reservations required for Lincoln Hall post-travel**

This travel policy could change

Please be advised that new rules and restrictions on travel could be imposed at any time, both in the State of Hawai'i or in locations where students are traveling. **Please contact the Housing Office with any questions or concerns at: housing@eastwestcenter.org.**

EWC Policies on gathering: While the City and County of Honolulu is implementing new guidelines for events and activities on Oahu as of November 3 and November 24, please note that EWC policies for gatherings, both indoors and outdoors, remain the same at this time.

Resources

- **EWC Notices**
 - [EWC COVID-19 Policy and Resource Site](#)
 - [Burns Hall Temperature Screening Protocol](#)
 - [EWC Travel Policy Effective November 4, 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://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>