

Individual COVID-19 Emergency Plan

The East-West Center urges every resident in housing to make sure they are personally prepared with what they need for an emergency. **The time for planning and being ready is now.**

In the case of Covid-19 (confirmed or suspected), each of you should carefully consider your own emergency plan and what steps you need to take now to make sure supplies and supports are in place should you become ill or need to be quarantined at a moment's notice.

Preventing infection — through frequent hand washing, strict social distancing, and consistent mask wearing— is the most important thing you can do right now. But we all must plan for the possibility that infections will occur — to ourselves and/or in our EWC community. Here are some key points to consider for your COVID-19 emergency plan:

- **Create an emergency and support contact list:** Communicate with the people who need to be included in your plan. Consider who is in your network to support you with getting food and cooking supplies, bringing meals, or picking up medicine and/or personal care items. Tell those people you would like to rely on them. Put their names and contacts down on paper. Make this list as wide-ranging as possible to include EWC students in units or dorms other than yours, non-EWC students from your UH department, your UH academic advisors or department staff, or friends in the Honolulu community.
- **Food:** Plan to have a 14-day supply of foods that will be easy to prepare should you become ill or need to be quarantined and plan to set aside funds to order delivery of food during your quarantine period. Pack prepared foods in advance so that they are portable.
- **Prepare a list and/or a *Go Bag* of essential items you will need from your room:** Whether you are sick or just exposed, you will quarantine or self-isolate in Lincoln Hall for 14 days and not have access to your dorm room until after the quarantine period is over. We encourage you to **make a list of all items** you will want to take with you—for health, diet, school, work, fitness, hygiene, important materials and/or documents, etc.—so that you are prepared to relocate quickly to quarantine if needed. Items that are not used regularly can be pre-packed in a *Go Bag* that you can easily grab and fill with any additional items from your list. Plan well to make sure you take everything you may need. Don't forget important items such as IDs; money; credit/debit cards; insurance cards; computer and other technology; and documents such as your passport and immigration documents; etc.
- **Emergency plans:** Make sure that someone knows who you want speaking for you should you need to go to the hospital in an emergency situation. Who will make decisions for you if you cannot? Who can Education Program call here in Hawai'i to help provide support, and who do we need to call back home?

We ask all students in housing to fill out this [form](#), or update it if you completed earlier, to share information that can help us to supplement and support your personal emergency plan. We are definitely part of your emergency plan and will be here to support you throughout. But we need your help and your personal action in order to best be able to do that.

Please visit our [COVID Information](#) page and [Quarantine FAQs](#) to help in your planning.