

EWC Housing Weekly Update December 2, 2021

Positive COVID-19 Case at EWC: As was reported via RAVE last week, a resident of Hale Mānoa has tested positive for COVID-19 and is in quarantine in Lincoln Hall. Contact tracing was conducted; anyone considered a close contact was notified. The common bathrooms, kitchens and other areas in the building that were exposed have been cleaned and disinfected, as recommended by the Centers for Disease Control and Prevention (CDC) and EWC COVID-19 guidelines. We are providing support to the student and they may be activating their own support network as well. We will let you know if there are ways you can help.

In light of this and the new Omicron variant, we urge all residents to be extra vigilant in following the [EWC COVID-19 Housing Rules](#). In particular, please continue to wear your mask and practice safe social distancing at all times. Further, it is imperative that you refrain from going to floors and/or kitchens to which you have not been assigned – as this will make the contact tracing process more difficult.

Omicron and City and County of Honolulu Guidelines: As of Dec. 1, the City and County of Honolulu has [loosened restrictions for social gatherings, businesses and events](#). Given the threat and unknowns surrounding the Omicron variant, EWC policies will remain the same at the current time. Limits for social gatherings remain 10 indoors and 25 outdoors. Masks, vaccines and general social distancing is required for all gatherings, indoors and outdoors. As Honolulu rules loosen, we encourage everyone to remain cautious and mindful that individual actions can affect others when we live in a shared community.

Boosters: The [CDC is strongly recommending](#) that everyone get their vaccination booster shots as soon as they are eligible (six months from second dose).

REMINDER! If you believe you are experiencing any COVID-19 symptoms: Please immediately contact the Housing front desk at (808) 944 -7960, housing@eastwestcenter.org and your EWC Program Coordinator immediately per our procedure as outlined [here](#). (This Positive Test/Symptoms Protocol can be found on the [Student Portal](#) in the [Covid-19 Information](#) section).

Please also report any positive cases to the University Health Services Mānoa COVID-19 Resource Team at uhsm.covid@hawaii.edu or (808) 956-8965. The information will be kept confidential. Information on reported positive cases on UH campuses can be found at <http://go.hawaii.edu/xy3>.

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://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>