

EWC Housing Weekly Update December 9, 2021

Omicron variant in Hawai'i: A case of COVID-19 infection by the Omicron variant has been identified in Hawai'i in a person who had not traveled outside of the state; thus, community spread seems to be underway. The transmissibility and disease severity of the variant is still being assessed. The CDC urges continued practice of anti-COVID-19 protocols along with vaccination and boosters.

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

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>.

Travel Policy: As the end of the semester nears, we urge everyone to please review the EWC [travel policy](#) and return requirements. If you plan to travel, please be sure all necessary reservations for Lincoln Hall are in place before departing Honolulu. International travelers should also be reminded about the [new rules for testing before entering the US](#). **The international and domestic travel situation is fluid due to the Omicron variant; we strongly advise travelers to be vigilant and regularly track all advisories relevant to your destination.** Also, it is possible that the State of Hawaii or EWC will change return requirements while you are away. Be sure to bring you vaccination cards with you.

Resources

NEW! [Omicron Variant: What You Need to Know | CDC](#)

- **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 Hawai'i 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>