

## EWC Housing Weekly Update December 16, 2021

**FREE COVID Boosters and Flu Shots at EWC!** Free Vaccination Clinic available to all EWC students on **Friday, Dec. 17, 12:30 - 3:30 PM, Hale Halawai**. Friday is great time to get your booster AND your flu shot. No appointment necessary but please complete this pre-registration: **Pre-Registration Form**.

### A reminder that you will need:

1. Photo ID
2. Medical Insurance Card (if applicable, insurance is not required)
3. Completed Consent Form
  - [Click here for Adults 18+](#)
4. COVID-19 Vaccination Card

If you can't make it to campus on Friday, please consult your local pharmacy or medical institution for booster and flu shot availability. EWC isn't requiring boosters to enter our premises yet, but with the rise of the Omicron variant and the uptick in cases both in Hawaii and across the globe, more institutions are moving towards booster requirements. **EWC will likely do so at some point in the near future.**

**Omicron and Rising Cases in Hawaii:** Today the State of Hawaii recorded 395 cases of COVID-19 and daily average cases are 210. This is up from 70-90 daily average in previous weeks. The test positivity rate is up to 3.1%. **This reflects 104% change from December 1-14.** (Source: [Disease Outbreak Control Division | COVID-19 \(hawaii.gov\)](#)) Please remain vigilant!!

**The Case for Boosters and for Continued Vigilance:** Per Dr. Tim Brown, epidemiologist and senior fellow in the EWC Research Program, preliminary studies show that two doses of the mRNA vaccines (Pfizer and Moderna in the U.S.) provide only about 35% protection against infection with the Omicron variant. With single dose Johnson & Johnson alone, there is very little if any protection seen in early studies. Fortunately, your vaccine's protection against severe illness is still largely intact.

With an mRNA booster, current research shows your protection against Omicron infection will rise to around 75% and your protection against serious illness will be restored to near previous levels. If you are 18 or older in the US, you are eligible for any vaccine as your booster shot, but Pfizer and Moderna are likely more effective against Omicron.

If you are getting together with family and friends for the holidays, traveling or welcoming guests from outside Hawaii, now is the time to get boosted so you maximize your protection over the holiday season. Flu season has also begun in the US and the number of influenza hospitalizations is rising. This is also a good time to get your flu shot. There is no problem with obtaining a flu shot and COVID-19 booster at the same time.

Reminder to please check the travel policy and procedure for a positive test or symptoms (below and on the [Student Portal](#)). Congrats on the end of the semester--stay safe and healthy!

### 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](mailto: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](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>