

EWC Housing Weekly Update January 6

Start of UH Semester: The Spring 2022 semester at UH begins next week, Monday, January 10. We encourage you to check in with your department and stay up to date with any new policies or procedures your department may put in place. A reminder, too, that the first two weeks of the semester will be done in distance formats – please check for any communications from your professors.

New Year, New Variant: COVID-19 cases are skyrocketing in Hawaii and across the world as the Omicron variant takes hold. This new variant requires added vigilance and care. We encourage everyone to consider upgrading to an N95 or KN95 mask during this period—most important is to find one that feels comfortable and fits your face well. For more information about Omicron and its implications, here is a video of epidemiologist and EWC Senior Fellow Tim Brown from December 21: [EWC Insights - The Omicron Transformation: A Virus Ups Its Game.](#)

If you have any symptoms or believe you were exposed as a close contact, please notify housing staff and your program coordinator immediately. Thank you!

Vaccine and Booster Clinic On Campus Again, January 14! If you were unable to get your COVID-19 booster or flu shot at the December clinic, here is another chance:

Hale Hālāwai
Friday, January 14, 2022
12:30 pm to 3:30 pm

COVID-19 and Flu vaccinations **by appointment**. Please use this [link](#) to book your appointment.

For your safety and others, please do not arrive until a few minutes before your appointment with the following items:

1. Completed forms (These will be sent as attachments in the email message about the clinic and we will leave hard copies near the Hale Manoa front desk--there are separate forms for C-19 and flu)
2. Insurance information
3. Photo ID
4. Brand and dates of previous vaccination (C-19)

Booster FAQs: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/booster-shot.html>

New COVID-19 FAQ: In response to student questions raised by the EWCPA after the recent rash of COVID-19 cases, the EWC put together and sent a new Frequently Asked Questions document on December 30. Just in case you missed it, please find the document here: [COVID-FAQ-Final-12.30.21.pdf \(ewcparticipantinfo.org\)](#) Please continue to share your questions with us at CTF@eastwestcenter.org so that we can address them as quickly and directly as possible. Thank you!

Resources

EWC Notices

- [EWC COVID-19 Policy and Resource Site](#)
- [Burns Hall Temperature Screening Protocol](#)
- [EWC Housing Travel Policy Effective May 16, 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>

Distribution:

- All EWC Housing Residents
- Housing Staff
- Covid-19 Task Force (CTF)