

## EWC Housing Weekly Update January 13

**The COVID-19 infection you stop could be your own, your child's, or your friend's:** Infections among staff, contractors, and residents have been reported in a short period of time, making it clear that Omicron is in our midst. The most reliable way to protect yourself, your family, and your community is to be fully vaccinated and have a booster shot. **Boosters:** The [CDC is strongly recommending](#) that everyone get their vaccination booster shots as soon as they are eligible (six months from second dose of two-dose vaccines). ***There are no exceptions to the requirement that all EWC Housing staff and residents must be fully vaccinated (and must submit proof). While boosters are not yet required by the EWC to be considered fully vaccinated, we anticipate taking this step in the near future.***

**A free vaccine clinic will be held TOMORROW, FRIDAY, JANUARY 14 at EWC.**

Healthy Mothers Healthy Babies Coalition of Hawaii is coming back to the East-West Center to provide FREE flu shots and COVID-19 vaccines, including boosters. This free health service is available for all EWC staff, participants, and families.

**Friday, January 14, 2022**

**12:30 pm - 3:30 pm ([by appointment](#))**

**Hale Hālāwai**

**Please bring the following items:**

**\*Printed Consent Form – completed and signed (NOTE: the front desk of HM also has hard copies of these forms if needed)**

- a. [Covid-19 Vaccination/Booster \(Age 12+\)](#)
- b. [Covid-19 Pediatric Vaccination \(Age 5-11\)](#)
- c. [Flu Vaccination](#)

\*Photo ID

\*COVID-19 Vaccination Card

\*Medical Insurance Card (if applicable; insurance is not required)

If you have any questions about this event or need assistance in booking your appointment, please contact us at [cer@eastwestcenter.org](mailto:cer@eastwestcenter.org).

**If you believe you are experiencing any COVID-19 symptoms:** Please immediately contact the Housing front desk at (808) 944 -7960, [housing@eastwestcenter.org](mailto: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](mailto: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 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](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://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>

## Distribution:

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