

## EWC Housing Weekly Update January 20

**Updated isolation/quarantine rules:** Effectively immediately, please see revised rules for [quarantine/isolation for positive cases, suspected cases and close contacts](#). All confirmed and suspected cases of COVID-19 will require some strict quarantine at Lincoln Hall as follows:

### Confirmed positive COVID-19 case with or without symptoms

- Will be required to stay in Lincoln Hall for **at least 14 days\*\*** (day 1 is the first full day after your symptoms developed or your test specimen was collected).
- After 5 days of strict quarantine as required by CDC and the Hawaii Department of Health (HDOH), will shift to self-isolation, but remain in LH for an additional 9 days (for a total of 14 days). **After 14-days may return to the dorms IF:**
- At least 24 hours have passed with no fever without the use of fever-reducing medication **AND**
- Symptoms have improved (or you remain symptom free)

### Suspected case with symptoms

- Suspected cases with symptoms will be required to quarantine in Lincoln Hall for 5 days even after negative test per HDOH requirement.
- After five days of strict quarantine, will shift to self-isolation and remain in LH for an additional 9 days (for a total of 14 days).
- **NOTE: Residents wishing to return to their dorm room sooner may do so if the following conditions are met:**
  - At symptom detection, the resident undergoes a medical assessment AND tests negative for Covid-19 AND
  - The resident has quarantined at Lincoln Hall for a minimum of 5 days AND
  - Has no fever for at least 24 hours without fever reducing medication AND
  - Symptoms have improved AND
  - The resident receives a second negative Covid-19 test 5 days after beginning their quarantine.

### Suspected case with no symptoms (close contacts)

- Will be required to stay in Lincoln Hall for at least 5 days. However, immediately after a negative test (home test or PCR test), they may shift from strict quarantine to self-isolation.
- **After 5 days, residents may return to their dorm IF the resident:**
  - Has no symptoms, including fever for at least 24 hours without the use of fever reducing medication **AND**
  - The resident receives a second negative COVID-19 test 5 days after quarantine/self-isolation was started.

The full policy document can be found on the [EWC COVID-19 Policy and Resource Site](#)

**Friendly reminder:** The EWC uses the terms “quarantine” and “self-isolation” differently from the HDOH and CDC. Please refer to the EWC’s definitions as outlined in documents on the [EWC COVID-19 Policy and Resource Site](#).

**Free COVID-19 Testing for UH Students:** Free testing for UH students will continue until the end of February. Students who are concerned about exposure can avail themselves of this service. Those with symptoms should call University Health Services 808-956-8965 to be evaluated by a provider/ seek testing.

**Testing sites:** Through the end of February 2022, Clinical Labs of Hawai’i (CLH) has been contracted to provide **FREE PCR tests** at 24 locations across the state. [Make an appointment with CLH](#). For other state-approved testing locations, which include free testing options, go to <https://hawaiicovid19.com/> and click on “testing.” Testing at sites other than the 24 CLH locations are not free.

#### **Vaccination and booster sites:**

- Hawai’i: [hawaiicovid19.com/vaccine/](https://hawaiicovid19.com/vaccine/)
- National: [www.vaccines.gov/search/](https://www.vaccines.gov/search/)

#### **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://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)