

## EWC Housing Weekly Update January 26

**Booster shot soon to be required by Safe Travels program:** Gov. David Ige announced on January 25 that a booster shot would soon be added to the requirements for the Safe Travels program. The requirement will mean travelers to the State of Hawai'i will need to have their COVID booster shot in order to by-pass quarantine. The other option for folks not vaccinated or who haven't gotten their booster will be to get a negative COVID test taken 72 hours before departure.

### Vaccination and booster sites:

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

**Masks:** A reminder that masks are REQUIRED in all public/shared spaces in the housing facilities. The latest CDC guidance recommends "that you wear the most protective mask you can that fits well and that you will wear consistently." See [Masks and Respirators \(cdc.gov\)](https://www.cdc.gov/masks/) for more recommendations for high quality masks (N95, KN95, KF94) and how to achieve the best fit.

**Free COVID-19 Tests through USPS:** We understand student may be having trouble ordering the free US government COVID-19 tests because the EWC is viewed as "one address" and each address can only get one test kit. The EWC is investigating a solution to this; in the meantime, the EWC will continue to offer free test kits to residents who need them. See Hale Manoa front desk. You might also be able to procure tests through your insurance providers.

**Reminder:** Check out the new policy for what to do if you are a close contact or have symptoms or a positive test: **Positive Covid-19 Test, Symptoms - Procedure for EWC Students**

**All EWC COVID-19 Policies can be found here *along with all past Weekly Updates:*** [EWC COVID-19 Policy and Resource Site](#). Also includes resources for finding a COVID-19 test.

### 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 Policies and Information: [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)