

EWC Housing Weekly Update December 23

Fight COVID-19 surge with testing: We are experiencing a rising incidence of COVID-19 infections in the dorms. In order to protect each other, community members are encouraged to get tested if they suspect they or someone they know has contracted COVID-19 or has come into close contact with someone who has COVID-19.

PCR Tests: Please visit <https://www.oneoahu.org/covid19-testing/#map> to find a location. No-cost testing is available but we suggest that you call ahead to make an appointment and inquire about cost. Note that you may be asked for health insurance information. PCR tests are recommended for:

- Individuals with [symptoms](#) of COVID-19.
- Individuals who have been [exposed](#) to a person with COVID-19. This is for on-campus and off-campus exposure.

Antigen Rapid Tests: We have a limited supply of rapid test kits available at the Hale Mānoa front desk. One kit will be provided per resident upon request while supplies last. Note that we currently do not have enough kits for every resident but have more on order. Please keep this in mind and request a kit only if needed and if a PCR test isn't more appropriate. When using the tests, follow the included instructions carefully and note the two tests included in the kit are intended to be used twice over three days with at least 24 hours (and no more than 48 hours) between tests.

[COVID-19 and Your Health](#)

Symptoms, testing, what to do if sick, daily activities, and more.

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>