

EWC Housing Weekly Update February 3, 2022

- **Update on COVID-19 tests through USPS:** We reached out to the office of our Congressman Ed Case about this issue. His health staff person, Kirra Empting, confirmed that the EWC being registered as a business address prevents our dormitory residents from receiving free COVID-19 tests via USPS. However, Empting says alternative ways to access tests are:
 - Through your private health insurance. You can get up to eight tests a month. Contact your insurer for specifics.
 - Through the State Department of Health. Contact their main office at 808-586-4400 or fill out their online form: <https://health.hawaii.gov/about/contact/>.
- In the meantime, the EWC will continue to offer free test kits to residents who need them. See Hale Mānoa front desk.

Vaccination and booster sites:

- Hawai'i: hawaiicovid19.com/vaccine/
- National: 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 Policies and Information: [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://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>