

EWC Housing Weekly Update February 10, 2022

New travel policy offers opportunity for shortened seclusion: Beginning March 14, 2022 (UH spring break), all residents traveling out of state must spend a minimum of 5 days in either self-isolation or quarantine at Lincoln Hall. After 5 days, residents may return to their regular dorm room IF they take a COVID-19 test (PCR or Antigen) and receive a negative test result. Residents who choose not to take a COVID-19 test after 5 days must remain in self-isolation at Lincoln Hall for a total of 10 days before returning to EWC dorms.

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

The current policy remains in effect until March 13.

Vaccination and booster sites:

- Hawai'i: [hawaii-covid19.com/vaccine/](https://hawaii-covid-19.com/vaccine/)
- National: www.vaccines.gov/search/

Resources

- **EWC Notices**
 - [EWC COVID-19 Policy and Resource Site](#)
 - **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: **(808) 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](#)
 - 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)