

## EWC Housing Weekly Update February 25, 2022

**Indoor masking still required:** Please note that the EWC's indoor mask requirement remains unchanged. Masks are still required in all public/shared spaces in the housing facilities. See [Masks and Respirators \(cdc.gov\)](https://www.cdc.gov/masks/) for recommendations for high quality masks (N95, KN95, KF94) and how to achieve the best fit.

If you observe a fellow resident to be in violation of the mask policy, a good first step is to have a conversation with the resident about the importance of adhering to the [COVID-19 house rules](#). If the resident is not receptive, or they continue to violate the mask policy, please contact the Hale Mānoa front desk (944-7960) and/or [housing@eastwestcenter.org](mailto:housing@eastwestcenter.org)

### Vaccination and booster sites:

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

### Resources

- **EWC Notices**
  - [EWC COVID-19 Policy and Resource Site](#)
  - [Positive COVID-19 Test, Symptoms - Procedure for EWC Students](#)
  - [Current Off-Island Travel Policy \(in effect thru 3/13/22\)](#)
  - [New Off-Island Travel Policy \(in effect on 3/14/22\)](#)
- **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: **(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](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://hawaii-covid-19.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)