

EWC Housing Weekly Update March 10, 2022

The East-West Center is working to re-open physical facilities: Given the efficacy of vaccines and other mitigation efforts, and the availability of treatments against severe illness, the Center has revised the rules covering residents in its housing. Please remember that COVID-19 infections can still sicken the vaccinated and cause serious illness in those with conditions that make them vulnerable. **Any one of us could be a carrier. It is your responsibility to take all possible protective measures at all times.**

We encourage all residents to get a **booster** shot. There is strong evidence that boosters provide significant additional protection to the individual and, thus, to their community. For information on how to get your booster go to [COVID-19 Vaccine - Hawai'i DOH: Info & Resources for Managing COVID-19](#). Spring break is a great time to get boosted if you haven't already!

REVISED EWC COVID-19 Housing Rules

- **Wear masks/face coverings:** These are required in all *interior* public spaces of the EWC and in all *public* spaces of EWC residence halls.
- **Practice social distancing:** When possible, maintain a distance of six feet between people.
- **Limit size of gatherings:** In-person gatherings of more than ten (10) people are strongly discouraged in the *interior* public spaces of EWC residence halls (lobbies, lounges, lānai, kitchens, and so on). There are no limitations on *outside* gatherings but social distancing should be practiced.
- **Limit elevator occupancy:** No more than four (4) residents should ride in an elevator at one time.
- **Limit kitchen visiting:** Try to use only the kitchen to which you have been assigned; if in another kitchen, keep your distance from the assigned users and be respectful of gathering limits.
- **Do not allow outside visitors:** Outside visitors and/or guests are not permitted in any EWC housing building.
- **Inter-dorm visits to resume March 10, 2022:** Hale Mānoa residents will be permitted to visit Hale Kuahine, and vice versa. As always, residents must be accompanied by a resident of that building, or be attending a specific activity. HK residents who wish to visit HM may be asked to show their key cards to the front desk staff.

Here is a link to the [Full policy document](#), which can be found on the [EWC COVID-19 Policy and Resource Site](#). If you have questions or concerns, please do not hesitate to contact housing@eastwestcenter.org.

Reminder that our revised Travel Policy is effective March 14: Beginning next week, (UH Spring Break), all residents traveling out of state must spend a minimum of **five (5) days** in either self-isolation or quarantine at Lincoln Hall (*currently, residents must spend a **minimum** of 10 days in either self-isolation or quarantine at Lincoln Hall*). Residents will be required to take a test (PCR) on day 5 (or, using a packet of two antigen tests, testing on days 3 and 5) and receive a negative result before moving to Hale Mānoa/Hale Kuahine. Please make your reservations before you depart for your travel. If this presents an undue financial hardship, please contact your Program Coordinator. *Note: Failure to follow this policy is cause for immediate termination of your EWC award.*

As we move forward toward opening, some thoughts from the Student COVID-19 Advisory

Subcommittee: “It is essential to recognize that respectful and effective communication remains our strongest quality as a community. As we shorten the physical distances COVID-19 imposed on us, let us be mindful that not everyone is comfortable moving at the same pace. Self-regulation is more necessary than ever. Putting forth our best effort, remaining flexible in everyday situations, seeking others’ consent when shortening physical distances, viewing challenges as opportunities, listening to others and asking questions when we detect discomfort.”

Vaccination and booster sites:

- Hawai‘i: hawaiiicovid19.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](#)
 - [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.
 - 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)