

EWC Housing Weekly Update April 14, 2022

Ordering Free At-Home COVID-19 Test-Kits

Residents in Hale Kuahine and Hale Mānoa should now be able to order their free at-home COVID-19 test-kits through USPS. Here is how:

- 1) Visit the following website: <https://special.usps.com/testkits>
- 2) Complete the order form (Note: enter your mailbox number in the **Apt/Suite/Other** field)
- 3) Select “Check Out Now”

If you receive an error message that says “tests have already been ordered for your address” OR that your address is listed as a business, please file a [Service Request](#) with USPS. (**Note:** be sure to select “Free At-Home COVID-19 Tests---Addressing Issues” in the drop-down menu when filing the service request.)

A limited supply of rapid test kits remains available at the Hale Mānoa front desk and ***we encourage students to request one if they are having symptoms or believe they have been exposed.*** However, we currently do not have enough kits for every resident at one time. Thus, ***we strongly encourage all residents to order the free at-home test-kits through USPS.***

Vaccination and booster sites:

- Hawai'i: hawaiicovid19.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](#)
 - **New Travel Policy (in effect 4/15/22)**
- **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://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>

Distribution:

- All EWC Housing Residents
- Housing Staff
- Covid-19 Task Force (CTF)