

EWC Housing Weekly Update May 5, 2022

1. **Here we go again—COVID-19 on the rise:** The Department of Health’s COVID-19 new infection count for the state, announced yesterday, hit 4,429 over the past seven days. The week before that it was 3,370, the week before that, 1,736 And before that, 1390 infections. Our positivity rate is 11.5%, up from 4.9% barely a month ago. Vaccinated and even boosted people are among the infected. Some infections are asymptomatic or mild, others can be serious. Any severity can result in “long covid.”
2. **We strongly encourage residents to resume full-time mask wearing:** Student immune systems are already overtaxed from studying and finals--no one wants to get sick before finals or before trying to travel home. Take special care at the many gatherings at this time of year. Reconsider going to indoor restaurants or bars. Wear a mask at the fitness center. Make sure you have effective masks. Cloth masks are not good enough; the CDC recommends respirators such as N95s and KN95s. See [Masks and Respirators \(cdc.gov\)](https://www.cdc.gov/masks/) for recommendations for high-quality masks and how to achieve the best fit.
3. **Your “Weekly Update” is coming to an end:** Starting later this month, COVID-19 policy announcements will appear in a special section of the Housing Updates. We anticipate next Thursday, May 12 or Thursday, May 19 will be the last Thursday update. Stay tuned!

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://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)