

EWC COVID-19 Policies and Procedures

What to do if I test positive, have symptoms, or have been exposed?

Updated January 3, 2023

For the purposes of this policy:

Quarantine means: you may not leave your room (if at Lincoln Hall) or unit (if at Hale Mānoa) for any reason for the duration of your required quarantine.

Self-Isolation means: Contact with others should be avoided as much as possible, but basic needs – such as shopping for food and essentials, exercise, work, etc.-- can be met.

- **Residents who self-isolate at Lincoln Hall** are prohibited from entering any other EWC building for the duration of their isolation period.
- **Residents self-isolating at Hale Mānoa** are prohibited from entering any other EWC building AND/OR all areas of Hale Mānoa *except* the 302 isolation unit for the duration of their isolation period.

If you test positive, you must do the following immediately:

1. **Return to your room and stay there.** It is important to separate yourself from other people immediately.
2. **Notify EWC Housing AND your EWC Program Coordinator** Please note: this is NOT OPTIONAL. Notification is required under EWC policy.
3. If you are an EWC graduate student: Notify University Health Services (956-8965).
4. Call your healthcare provider and tell them your concerns/test results/symptoms. They will advise you.
5. **Pack your things**--you will be away from your regular dorm room for at least 10 days (either at Lincoln Hall or in the 302 Unit of Hale Mānoa). Housing will arrange for your move and will advise you of quarantine/self-isolation procedures. You should avoid close contact with other residents and staff as you do this.
6. After you are situated in your quarantine room:
 - Activate your support network as needed. Work with Education Program staff and your support networks to help you manage the 10-day quarantine/self-isolation.
 - Confirm emergency contacts with your EWC Program Coordinator.
 - Put together information for contact tracers about where you've been and who you have had contact with during the past 3 days and notify close contacts yourself*.

What do I do if I have symptoms of Covid-19 but haven't been tested?

1. **Return to your room and stay there.** It is important to separate yourself from other people immediately, just in case you do have Covid-19.
2. **Notify EWC Housing and your EWC Program Coordinator.**
3. **Call your healthcare provider and/or University Health Services (956-8965)** and tell them your symptoms. If they advise you to get a PCR then arrange to do that. Otherwise, take a home antigen test and pack some antigen tests to take with your quarantine room at Lincoln Hall/Hale Mānoa. If you do not have a store of antigen tests, you can request a rapid test from the front desk of HM. **PLEASE NOTE:** You will need to move even if your initial antigen test is negative.
4. **Pack your things**--you will be away from your regular dorm room for 5-10 days (either at Lincoln Hall or in the 302 Unit of Hale Mānoa). Housing will arrange for your move and will advise you of quarantine/self-isolation procedures. You should avoid close contact with other residents and staff as you do this.
5. **Please notify Housing and your Program Coordinator if you need to see a medical provider or to get a PCR test and plan/prepare for the following:**
 - Transportation to the testing site (we recommend you use a taxi, Uber or Lyft if not at University Health Services).
 - Activate your support network as needed. Work with East-West Center Program staff and your support networks to manage quarantine/self-isolation.
 - Confirm emergency contacts with EWC and begin preparing for possible contact tracing.

IMPORTANT NOTE: All suspected/symptomatic and confirmed positive cases of Covid-19 will require strict quarantine (either at Lincoln Hall or in the 302 Unit of Hale Mānoa) for some period as outlined below:

Confirmed positive COVID-19 case with or without symptoms

- Will require a minimum of 10 days of isolation (either at Lincoln Hall or the 302 Unit of Hale Mānoa), with the first five days under strict quarantine.
 - ***If you are already in quarantine due to symptoms***, then day 1 is the first full day after your symptoms developed and you moved to your quarantine room. This may be different from the day you get confirmation of a positive test.
 - ***If you test positive and are not already in quarantine***, then we will assume that you took the test on the first day of symptoms and your 10-day quarantine will start the day of your positive test.
- After 5 days of strict quarantine, will shift to self-isolation, but remain at LH or in HM 302 Unit for an additional 5 days (for a total of 10 days). Must wear a well-fitting mask for 10 days any time around others. After 10 days may return to dorm room IF:
 - At least 24 hours have passed with no fever without the use of fever-reducing medication AND
 - Symptoms have improved (or you remain symptom free).

Suspected case with symptoms

- Suspected cases with symptoms will be required to quarantine (either at Lincoln Hall or the 302 Unit of Hale Mānoa) for 5 days.
- Residents will return to their dorm room once the following conditions are met:
 - The resident has spent a minimum of 5 days in quarantine AND
 - Has no fever for at least 24 hours without fever reducing medication AND
 - Symptoms have improved AND
 - The resident receives a negative COVID-19 antigen test 5 days after beginning their quarantine.
 - Must wear a well-fitting mask for 10 days any time around others.

Close Contact/Exposure

- **If the resident is vaccinated and up-to-date** (at least 2 weeks but no more than 5 months after receiving the 2nd dose in a 2-dose series; OR at least 2 weeks but no more than 2 months after receiving a single-dose vaccine; OR receipt of the primary vaccine series AND a booster dose)
 - Quarantine/self-isolation is not required.
 - Must wear a mask for 10 days any time around others inside an EWC residence hall.
 - Get tested on day 5 (home-test is fine).
 - Continue to monitor for symptoms for 10 days. If symptoms develop, immediately self-isolate and take an antigen test.
- **If vaccinated but not up-to-date:**
 - Quarantine for 5 days (either at Lincoln Hall or the 302 Unit of Hale Mānoa)
 - Get tested on day 5 (home-test is fine)—if result is negative, may return to dorm room.
 - Must wear a well-fitting mask for 10 days any time around others.
 - Continue to monitor for symptoms for 10 days. If symptoms develop, immediately self-isolate and take an antigen test.

*Notifying Residents: The East-West Center will work with individuals on appropriate notification of residents in accordance with state and federal privacy regulations.

**Note that your healthcare provider may recommend that you stay in quarantine for longer than 10 days depending on the severity of your illness. Additionally, your healthcare provider and/or EWC may require that you undergo repeat testing for Covid-19 to end your quarantine