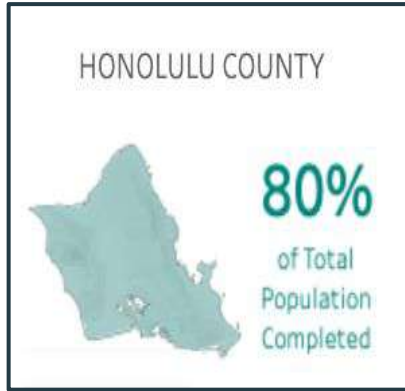


HELP Summer 2022 COVID-19 Guidelines

For students



State of Hawaii Reopening Status



80% of population is vaccinated (primary shots)



Booster shot(s) available



Face masks required
INDOORS at UH

A COVID-19 Vaccination Record Card from the CDC. It contains handwritten information for a patient named 'BAY EDE N' who received Pfizer vaccines on 4/8/21 and 4/29/21. The card also includes fields for Last Name, Date of Birth, Patient number, and Healthcare Professional or Clinic Site.

COVID-19 Vaccination Record Card

Please keep this record card, which includes medical information about the vaccines you have received.
Por favor, guarde esta tarjeta de registro, que incluye información médica sobre las vacunas que ha recibido.

Last Name: 11/2 Patient number (medical record or IIS record number): MI

Date of birth: 11/2

Vaccine	Product Name/Manufacturer	Lot Number	Date	Healthcare Professional or Clinic Site
1 st Dose COVID-19	<u>PFIZER</u>	<u>ER5730</u>	<u>4/8/21</u>	<u>BAY EDE N</u>
2 nd Dose COVID-19	<u>PFIZER</u>	<u>EW0158</u>	<u>4/29/21</u>	<u>BAY EDE N</u>
Other				

Some businesses may
require proof of
vaccination



**GET BOOSTED if
eligible**



**STAY HOME
WHEN SICK**

WEAR A MASK



Keep our HELP 'Ohana safe



**WASH YOUR
HANDS**

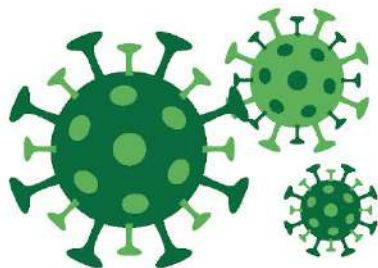
**SOCIAL
DISTANCE**



STAY AT HOME WHEN SICK



COVID-19 SYMPTOMS



COVID-19

SARS-CoV-2 is a strain of coronavirus that had not been previously identified in humans, making it a novel coronavirus. The disease caused by this virus is known as COVID-19.

Signs and Symptoms

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus**, and may include the following:



FEVER OR CHILLS



COUGH



DIFFICULTY BREATHING



FATIGUE



MUSCLE/BODY ACES



NEW LOSS OF
TASTE OR SMELL



HEADACHE



CONGESTION
OR RUNNY NOSE



SORE THROAT



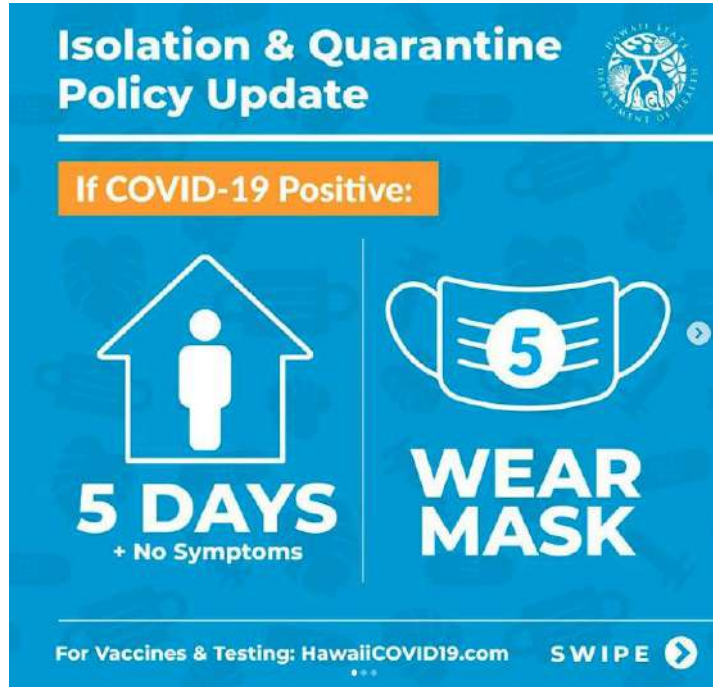
NAUSEA, VOMITING
OR DIARRHEA

Source: [University of Hawaii at Manoa Health Services](#)

If you have any COVID-19 symptoms:

1. **STAY HOME.**
2. Email eslhelp@hawaii.edu. Explain your situation.
 - a. Example: I am sick today. I have a bad headache and a fever. I want to join class by Zoom.
3. **Email your teachers.**
 - a. Ask to join by Zoom or to do alternative assignments.
 - b. Check your email for Zoom links from your teachers.
4. **GET TESTED** if your symptoms last for more than 1 day. Remain at home until you get test results.

IF YOU TEST POSITIVE FOR COVID-19:



Isolation & Quarantine Policy Update

If COVID-19 Positive:

5 DAYS
+ No Symptoms

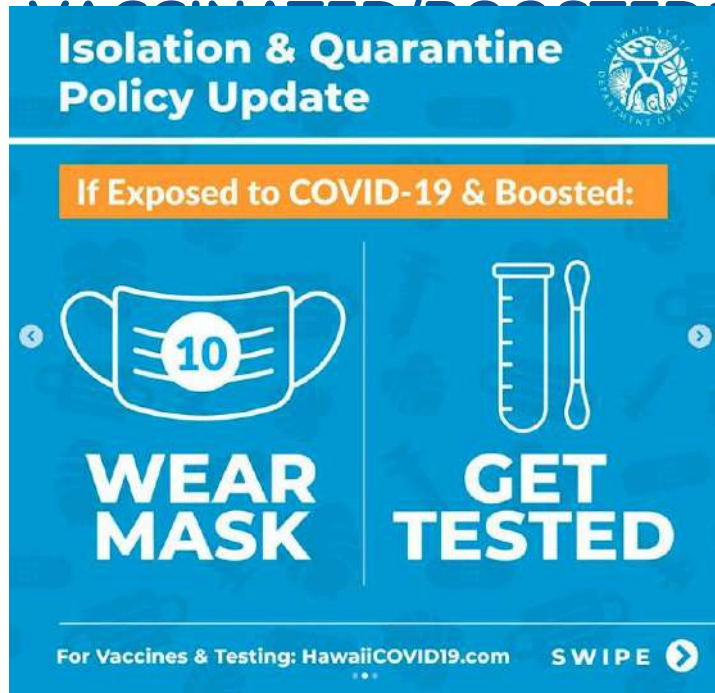
WEAR MASK

For Vaccines & Testing: [HawaiiCOVID19.com](https://hawaiiCOVID19.com) **SWIPE** ➔

The graphic is a blue rectangular poster. At the top left, it says 'Isolation & Quarantine Policy Update' in white. To the right is the University of Hawaii seal. Below this is an orange box with 'If COVID-19 Positive:'. The main body is split into two sections. The left section shows a white house icon with a person inside, with '5 DAYS + No Symptoms' below it. The right section shows a white face mask icon with a '5' on it, with 'WEAR MASK' below it. At the bottom, it says 'For Vaccines & Testing: HawaiiCOVID19.com' followed by 'SWIPE' and a right-pointing arrow.

1. Email HELP immediately
eslhelp@hawaii.edu
2. Inform HELP housing coordinator
(Chris Folan)
3. Isolate for 5 days or until you have
no symptoms
 - a. Join classes by Zoom
4. Continue to wear a mask both
indoors and outdoors for an
additional 5 days after ending
isolation.

CLOSE CONTACT AND FULLY



The graphic is a blue rectangular poster with a white border. At the top, it says 'Isolation & Quarantine Policy Update' in white text. To the right of this text is the official seal of the State of Hawaii. Below the title, there is an orange banner with the text 'If Exposed to COVID-19 & Boosted:'. The main body of the poster is divided into two vertical sections. The left section features a white icon of a face mask with the number '10' inside a circle on its front, and the text 'WEAR MASK' in large white capital letters below it. The right section features a white icon of a test tube and a swab stick, and the text 'GET TESTED' in large white capital letters below it. At the bottom of the poster, it says 'For Vaccines & Testing: HawaiiCOVID19.com' on the left and 'SWIPE' with a right-pointing arrow icon on the right.

Isolation & Quarantine Policy Update

If Exposed to COVID-19 & Boosted:

WEAR MASK

GET TESTED

For Vaccines & Testing: HawaiiCOVID19.com

SWIPE

- IF YOU HAVE NO SYMPTOMS, you can continue normal activities (**you can go to class**) but wear a mask & be careful for 10 days
- Get tested on **Day 5** after exposure to the positive COVID-19 case
- IF YOU HAVE SYMPTOMS, isolate and seek testing immediately
 - Inform HELP if you have symptoms

CLOSE CONTACT AND NOT VACCINATED/BOOSTED:

Isolation & Quarantine Policy Update

If Exposed + Neither Boosted or Fully Vaccinated

 5 DAYS	 WEAR MASK	 GET TESTED
--	---	--

Effective Monday, January 3, 2022

For Vaccines & Testing: [HawaiiCOVID19.com](https://hawaiiCOVID19.com)

- Isolate for 5 days
- Wear a mask for 5 days after completing isolation
- Get tested on Day 5



WEAR A MASK!

Mask wearing is **REQUIRED**:

- Indoors at all times
 - Classrooms
 - HELP lounge when not eating/drinking
- Outdoors when crowded and cannot maintain distance from others





WASH YOUR HANDS

- Cleaning & sanitation standards
- 

WASH YOUR HANDS!

Wash your hands frequently for at least 20 seconds:

- Soap and water are best.
- Use a hand sanitizer containing at least 60% alcohol if soap and water are not available.
 - Hand sanitizer stations available in all classrooms and around campus.



WASH YOUR HANDS!

UHM Guidelines for Cleaning & Sanitation (adapted)

- High-touch areas will be cleaned **3x/day**.
- Classrooms will be cleaned **2x/day**, before and after the class day.
- Cleaning and trash pick-up **daily**.
- **Hand sanitizer and disinfecting wipes** are available in classrooms.



SOCIAL



DISTANCING



SOCIAL DISTANCING

General rule:

- Avoid crowds
- Remain 6ft/2m away from others, even if you have a mask on



SOCIAL DISTANCING

- No eating or drinking in classrooms (water is okay).
- Avoid crowds and large gatherings
- **HELP Lounge:**
 - Follow social distancing markers in lounge
 - Sanitize area when finished using available cleaning supplies
 - Do not crowd in small areas.
 - Kitchen area is limited to 5 people at a time.



Other COVID-19 Recommendations

Take personal safety measures outside of school.

DO:

- FOLLOW SAFE COVID-19 GUIDELINES even if you are vaccinated!
- HELP EACH OTHER OUT, we're all in this together!
- Maintain a healthy routine
- ASK HELP teachers & staff if you have questions/concerns
- Seek help if you are feeling anxious, depressed, stressed, etc.



General Safety Tips



General Safety Tips

- Travel in pairs or groups
- Return home before sunset
- Do not carry large amounts of cash
- Always watch your belongings



UNIVERSITY
of HAWAII
MANOA

DEPARTMENT OF SECOND LANGUAGE STUDIES
HAWAII-ENGLISH-LANGUAGE-PROGRAM



PUBLIC SAFETY
UNIVERSITY OF HAWAII - MANOA
MĀLAMALA

Hawaii Safety and Emergency
ハワイでの安全と緊急時の対応

UHM Department of Public Safety
緊急時のアラートを設定して下さい。
○ → 携帯電話にテキストで送られるキャンパス緊急通知を www.hawaii.edu/alert で設定できます。
○ → これらの電話番号から当スタッフが対応致します。
○ → UHM DPS Dispatch: **808-956-6911**
▪ → この番号にかけると、Department of Public Safety (DPS) のオペレーターに繋がります。もし青く光っている緊急電話ボックスが近くにある場合、受話器を取る、もしくは "call" ボタンを押せば、オペレーターと繋がります。
○ → UHM Safety Escort: **808-956-SAFE**
▪ → DPS は日没から夜明けまでの間、一人でキャンパス内を歩いている人をエスコートするサービスを提供しております。この番号にかけると、当スタッフが行きたい場所までエスコート致します。乗り物、あるいは徒歩で付き添って、キャンパス内の駐車場や建物までお送り致します。

On-Campus Resources キャンパス内の緊急連絡先

PAU Violence	808-956-8059	www.hawaii.edu/womenscenter
UHM Counseling and Student Development Center	808-956-7927	manoa.hawaii.edu/counseling
University Health Services Manoa	808-956-8965	www.hawaii.edu/shs

Off-Campus Emergency Numbers キャンパス外での緊急連絡先

Honolulu Police Department	911
Ambulance	911
Fire	911
Poison Center	800-222-1222
Sex Abuse Treatment Center	808-524-7273

(以下に続く。)



UNIVERSITY OF HAWAII
HELP
HAWAII-ENGLISH-LANGUAGE-PROGRAM

Moore Hall 586, 1890 East-West Road, Honolulu, HI 96822
Telephone: (808) 956-6636
Web: <http://manoa.hawaii.edu/es/help>
An Equal Opportunity/Affirmative Action Institution

Beach Safety

- WEAR SUNSCREEN!
- Always go to a beach with a LIFEGUARD
- Have a friend watch your items
- Check the weather
- Check ocean conditions at hawaiibeachsafety.com
- Read signs carefully and follow the rules (example: jellyfish warnings)



Hiking Safety

- Do not go hiking alone
- Check the weather
- Bring lots of water
- Only go to State-approved hikes
 - Other hikes are illegal and very dangerous
- Stay on the trail
- Always tell your host family where you are hiking



Hawaii Hurricane Season

June 1 - November 30

- Pay attention to the daily weather
- **Check beach conditions before you go**
 - Always go to a beach with a LIFEGUARD
 - Do not go to the beach before or during a storm or hurricane
 - **High winds can create dangerous waves**
- NEVER go hiking alone or after heavy rain/storm
- Talk to your homestay family about emergency plans



If there is a hurricane:

- **Check your email** for emergency information from UH Manoa and HELP
- If UH Manoa campus is closed, HELP is also closed
- Do not go out in a hurricane
- Talk to your host family about hurricane plans
 - Evacuation plans
 - What to pack



UNIVERSITY OF HAWAII AT MANOA
HELP
HAWAII ENGLISH LANGUAGE PROGRAM



Let's have a fun and SAFE term together!