

Subject: This Week at UH West O'ahu - Week of April 13, 2020
From: UHWO Communications Department <uhwocomm@hawaii.edu>
To: uhwo-all-l@lists.hawaii.edu
Date Sent: Monday, April 13, 2020 8:32:00 AM GMT-10:00
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Attachments: Cloth-face-covering-instructions_CDC.pdf

A BULLETIN FOR UH WEST O'AHU FACULTY AND STAFF
This Week at UH West O'ahu
Week of April 13, 2020

University of Hawai'i–West O'ahu COVID-19 webpage

Visit the [UH West O'ahu COVID-19 page](#) for campus-related information, including student, faculty, and staff resources, as well as important announcements, available support, event closures, and impacted locations.

Additional Guidance on Masks

Based on recent guidance from the Centers for Disease Control and Prevention (CDC) and recommendations from county mayors and the Senate Special Committee on COVID-19, Gov. Ige and the Hawai'i Dept. of Health and the Hawai'i Emergency Management Agency are formulating a statewide policy on the use of face masks. Although there is no current data to demonstrate that homemade, cloth masks are effective for individual protection, it is prudent to urge everyone that wearing a fabric mask can help prevent the spread of infection to others, when the mask is worn by someone who already is infected with the virus that causes COVID-19. Check this website for additional guidance: <https://hawaiicovid19.com>

Dr. Bruce Anderson, Director of the Dept. of Health said, "Many of us may be walking around unaware that we may be carrying coronavirus and when we cough, sneeze, and to a lesser degree, even speak, cloth masks may block infectious droplets from spreading. Protection is maximized when face masks are used consistently and properly to avoid contaminating the hands or face of someone wearing one." Anderson added that fabric masks should be replaced when they become moist and washed after each use.

Please note that since cloth masks are not completely protective, it is important to continue to practice social distancing. While using a cloth mask, still maintain a distance of six feet from others and continue good hygiene; keep washing your hands for 20 seconds often.

Other tips on the use of cloth masks: Make sure when you are putting on and taking off the cloth mask, that your hands are clean (soap/water or hand sanitizer). Cloth masks need to be washed regularly. When taking off the cloth mask, be careful not to touch your eyes, nose, and mouth. Visit the [CDC website](#) for more on the safe use of cloth face coverings and how to make your own cloth face coverings. Please see and share the attached flyer.

University of Hawai'i COVID-19 webpage

The University of Hawai'i's [webpage](#) provides information and updates regarding the COVID-19 pandemic on behalf of the UH System. Among the announcements and resources UH recently shared:

- April 9: Emergency grading policy during COVID-19 public health crisis
<https://www.hawaii.edu/news/2020/04/09/emergency-grading-spring-2020/>

The UH COVID-19 webpage will be updated with any new warnings, advisories, and guidance from UH, Hawai'i Department of Health, U.S. State Department, and the Centers for Disease Control. Please continue to check your emails for updates. If you have any questions, please email: covid19@hawaii.edu.

Mental Health Moment – Eating Healthy!

Clinical psychologists Dr. Steven Taketa and Dr. Analu Sing, with [UH West O’ahu’s Counseling Services](#), will offer weekly mental health tips to students, faculty, and staff to cope through COVID-19 and these trying times:

Studies have shown that adhering to a healthy diet appears to offer protection against mental illness, such as depression. Symptoms of depression include low mood, loss of interest or pleasure in life, and disturbed sleep or appetite. Think about adding inexpensive and convenient health foods to your diet, rather than simply avoiding junk food. Also consider consulting with a dietician or medical professional to get individualized dietary recommendations.

COPING THROUGH COVID

How are you maintaining your mental, physical, and emotional well-being while practicing social distancing? We’d like to hear about your coping mechanisms or personal stories of how you are managing as we navigate these unique times. Have unique tips to share? Fun activities? Email uhwocomm@hawaii.edu to submit your survival strategies.

Dr. Alan Rosenfeld, Associate Vice Chancellor for Academic Affairs at UH West O’ahu, shares how he and his family are adjusting to their new COVID-19 realities:

Although we are most certainly living in a dark time, I have been trying to find the silver lining in the clouds. Although work still keeps me busy (and then some!), I am trying to embrace the newfound calm of our family life. Suddenly the mad rushing about to our (eight-year-old) son’s Japanese Saturday school, piano lessons, soccer practice, tennis lessons, and weekend birthday parties has disappeared in a flash. Gone are the welcomed diversions of televised sports and my adult soccer league.

On the other hand, my wife, son, and I now have time for other “old-fashioned” amusements: backyard wiffle ball, knock hockey, board and card games, and not-so-fun household projects like thoroughly cleaning out our fish pond. My wife has even managed to rope us into nighttime family yoga sessions. Without the options of playing soccer or hitting the gym, taking long walks has become my primary means of (light) exercise and decompression. I am finally seeing the community I had always been “too busy” to appreciate. I’ve noticed that the sidewalks are now teeming with neighbors I never even knew I had, all of us adjusting to our new COVID-19 realities. Seeing them reminds me that we are all in this together and that, in the grand scheme of things, my problems are quite small.

Please complete the 2020 Census

A message from University of Hawai’i President David Lassner:

Even as we all cope with the devastating immediate effects of the COVID-19 pandemic, we also need to think about the future.

This year, the nation is conducting the U.S. Census, which takes place only once every 10 years. The Census is critical to our future as it determines Hawai’i’s share of substantial federal funding that is distributed across the country based on the census population of each state. For example, much of the \$2 trillion in COVID-19 relief funding just appropriated by Congress is now being allocated to states, colleges and universities based on the results of the 2010 Census.

I urge you to complete the census online using the information you should have received in a mailing via the U.S. Postal Service or left at your door. Completing the Census online is easy and secure. And for those who are concerned, it does not include any questions about citizenship. If you did not receive anything in the mail or at your door, you can still participate by providing your current address at: <https://my2020census.gov/app/intro/state>

Every 1 percent of the population that is undercounted in our state will result in an estimated loss of \$37 million a

year in federal funding. Over the 10-year period of a Census that adds up to some \$370 million. Many of these impacts are specific to higher education and UH and the career opportunities for many of our graduates.

Hawai'i has additional resources and online information available at: <https://www.hawaiicounts.org/>

This won't take long and will benefit all of Hawai'i. Mahalo for your consideration.

And please take care of yourselves and those around you!

Administration and Health Science Building fire alarm testing, April 15

There will be fire alarm and detection system testing starting 8 a.m. Wednesday, April 15, in the Administration and Health Science Building. The audible and visual alarms in the building will be tested, and fire alarm devices in the building will be cleaned and tested.

During this testing, the audible alarms will sound (very loudly) and the visual alarms will strobe intermittently. The contractor, Johnson Control, service technicians will be wearing their company uniforms and will be escorted by the UH West O'ahu Environmental Health and Safety Office (EHSO) throughout the building. The testing should be completed within several hours; should we experience any delays, an email update will be sent.

The UH West O'ahu EHSO encourages you to review fire evacuation procedures during the testing. If you have any questions or concerns, please contact Beverly Orillo at bbasilio@hawaii.edu or 689-2529.

Webinar on security and privacy issues for online and remote work, April 17

For many of us, the COVID-19 pandemic has caused a shift in our work environments from offices to homes and from physical classrooms to virtual ones. Part of our new normal involves adjusting to different technologies and tools that allow us to work remotely. These impact the way we need to think about personal privacy and data security and how we can better protect our data assets and our University community.

There will be a Data Governance and Information Security Briefing Webinar Spring 2020, which will focus on data security and privacy issues related to working remotely, including:

- new cyber threats and scams
- privacy considerations, e.g., FERPA and Zoom classes
- data handling and security

Date: Friday, April 17

Time: 9 to 11 a.m.

Host: Information Technology Services and Data Governance Office

Register at: <http://go.hawaii.edu/VSA>. (For those of you who may be having problems registering, please check that you are using the same browser that you are logged into with your hawaii.edu account and logged out of all other accounts.)

Webinar connection information will be emailed to all registered participants.

If you cannot attend, but would like to be contacted when the recording becomes available, please register and indicate you cannot attend but would like to be notified. Questions? Email datagov@hawaii.edu.

PIKO Outdoor Learning Space construction deliveries

There will be multiple construction deliveries occurring for the PIKO Outdoor Learning Space project. When there are deliveries, please expect temporary disruptions to pedestrian access at the roundabout and entry ramp. All persons in the vicinity of this project are advised to respect all construction barricades and all posted safety/detour signs. If you have any questions or need additional information, please contact the UH West O'ahu Project Manager at 689-2546.

Distance Learning Tip of the Week – April Theme: Tools for Online Learning

Recently, the word 'Zoom-bombing' has been added to the online lexicon. Zoom Video Communications recently emailed

users with advice on securing virtual classrooms to prevent outsiders from intruding with unwanted content. Zoom recommends enabling the Waiting Room feature to control who can join your class — and when. Waiting Rooms can also be used to queue students for one-on-one consultations. Watch this video, [How to Use Waiting Rooms](#), to learn how to manage participants with several settings options. Zoom also [updated sharing settings for education accounts](#). Sharing privileges are now set to “Host Only,” so instructors are the only ones who can share content by default. Note this setting can be changed to allow student sharing.

UH West O’ahu in the News

Civil Beat (April 11): “[If We Get Food Right, We Get Everything Right.](#)” Rethinking agriculture and our food system in a post-COVID-19 Hawaii, co-authored by Albie Miles, assistant professor of sustainable community food systems at UH West O’ahu, and Kathleen Merrigan, the Kelly and Brian Swette Professor in the School of Sustainability and executive director of the Swette Center for Sustainable Food Systems at Arizona State University.

**UH West O’ahu students, faculty, and staff have complimentary access to the Honolulu Star-Advertiser’s digital subscription via a new program exclusive to the campus. To activate, enter your [hawaii.edu](#) email at [staradvertiser.com/academic-pass](#).*

News from E Kamakani Hou



[Mental Health Moment – Physical Activity](#) - Clinical psychologists Dr. Steven Taketa and Dr. Analu Sing, with [UH West O’ahu’s Counseling Services](#), will offer weekly mental health tips to students, faculty, and staff to cope through COVID-19 and these trying times.

[Learn about coping during COVID-19 in April 14 workshop](#) - How have people been impacted by the COVID-19 crisis? What are some general ways to cope? How do you support yourself and others through the pandemic? These are among the questions that will be addressed at “Coping with COVID,” a virtual workshop geared toward students – 9 to 11 a.m. on Tuesday, April 14, via Zoom.

[UH West O’ahu students impacted by COVID benefit from \\$10K gift](#) - A generous gift to the University of Hawai’i–West O’ahu will help students affected by the COVID-19 pandemic to continue their educational endeavors.

[How do you study? Post a picture on IG for a chance to win prizes](#) - Attending biology class while in your backyard? Studying philosophy with your fur baby? Then post a photo of yourself on Instagram and you just might win a prize from UH West O’ahu’s [James and Abigail Campbell Library](#).

The deadline to include your item in the next This Week is Thursday night. Please submit your item using the Communication Department’s [Communications Request Form](#).

WESTOAHU.HAWAII.EDU



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Use of Cloth Face Coverings to Help Slow the Spread of COVID-19

How to Wear Cloth Face Coverings

Cloth face coverings should—

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape

CDC on Homemade Cloth Face Coverings

CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), **especially** in areas of significant community-based transmission.

CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cloth face covering without assistance.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

Should cloth face coverings be washed or otherwise cleaned regularly? How regularly?

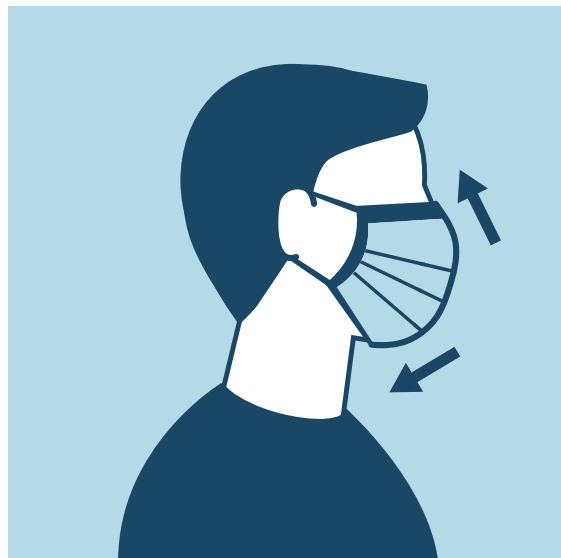
Yes. They should be routinely washed depending on the frequency of use.

How does one safely sterilize/clean a cloth face covering?

A washing machine should suffice in properly washing a cloth face covering.

How does one safely remove a used cloth face covering?

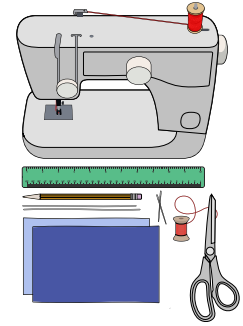
Individuals should be careful not to touch their eyes, nose, and mouth when removing their cloth face covering and wash hands immediately after removing.



Sewn Cloth Face Covering

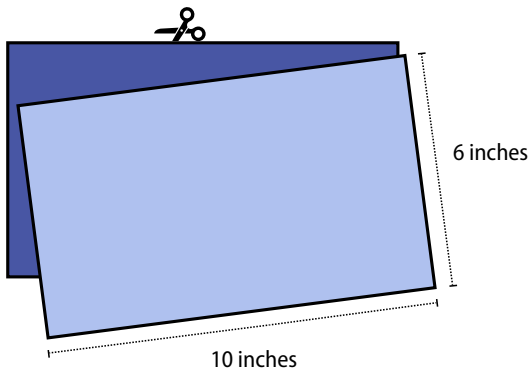
Materials

- Two 10"x6" rectangles of cotton fabric
- Two 6" pieces of elastic (or rubber bands, string, cloth strips, or hair ties)
- Needle and thread (or bobby pin)
- Scissors
- Sewing machine

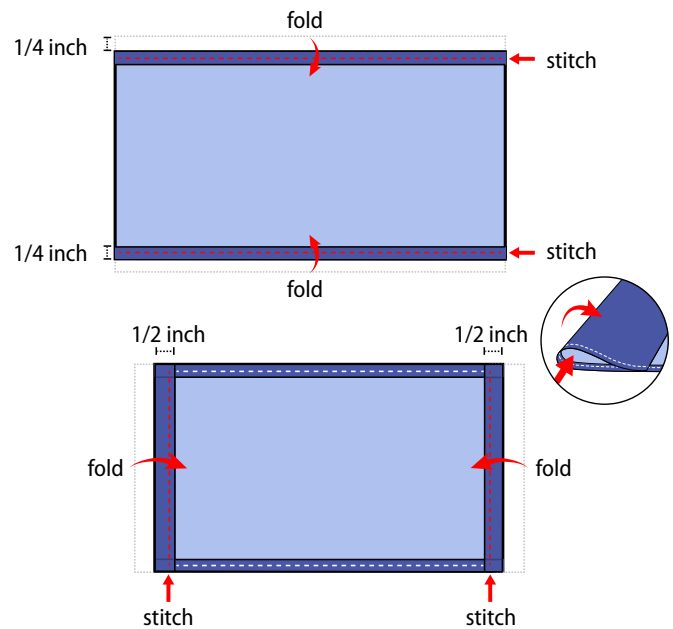


Tutorial

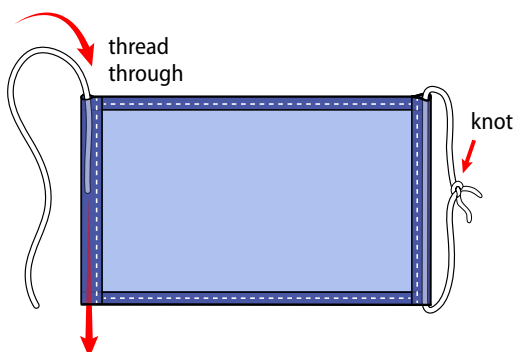
1. Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the cloth face covering as if it was a single piece of fabric.



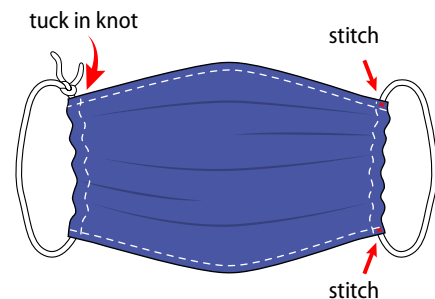
2. Fold over the long sides $\frac{1}{4}$ inch and hem. Then fold the double layer of fabric over $\frac{1}{2}$ inch along the short sides and stitch down.



3. Run a 6-inch length of $\frac{1}{8}$ -inch wide elastic through the wider hem on each side of the cloth face covering. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight. Don't have elastic? Use hair ties or elastic head bands. If you only have string, you can make the ties longer and tie the cloth face covering behind your head.



4. Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the cloth face covering on the elastic and adjust so the cloth face covering fits your face. Then securely stitch the elastic in place to keep it from slipping.

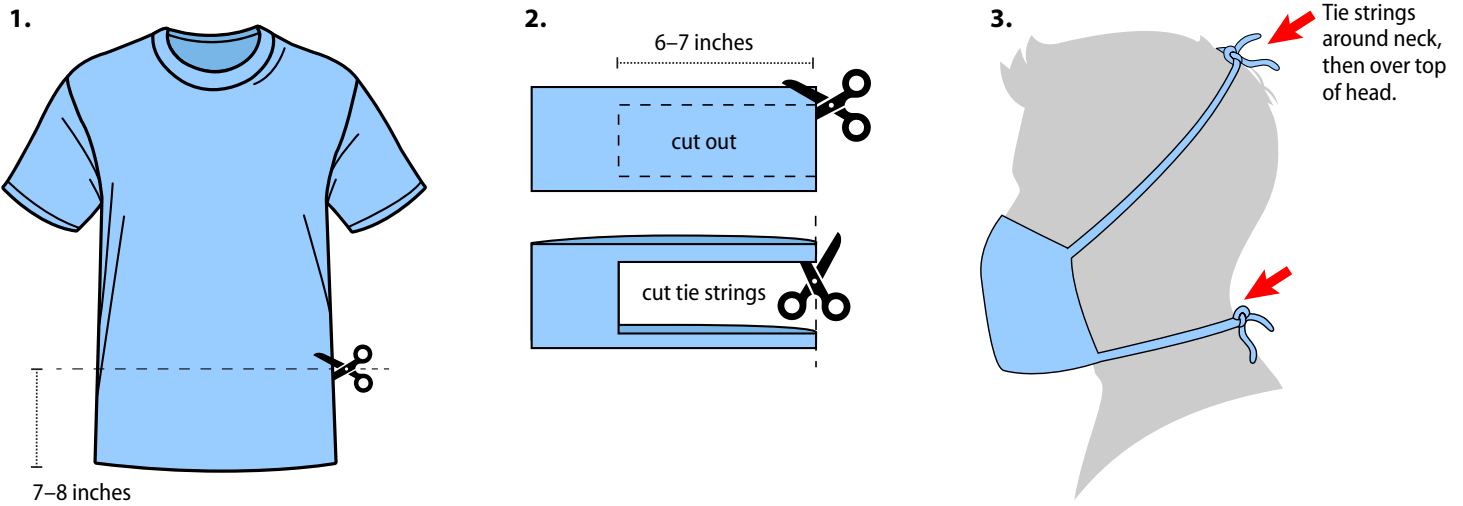


Quick Cut T-shirt Cloth Face Covering (no sew method)

Materials

- T-shirt
- Scissors

Tutorial



Bandana Cloth Face Covering (no sew method)

Materials

- Bandana (or square cotton cloth approximately 20"x20")
- Coffee filter
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)

Tutorial

