

# COVID-19 Resources at PCATT

At PCATT, we value the health and safety of our participants. In light of health concerns with COVID-19, most courses are now delivered virtually. Some courses have live lectures which are archived for independent viewing; other courses are fully online. All courses have an assigned instructor who is there to guide you and answer your questions.

A few courses are delivered on campus. Topics such as CAD require expensive software and others, such as fiber optics, depend on equipment and hands-on instruction. We require that you wear a mask to class. Seating will be limited to accommodate social distancing. Hand sanitizer and cleaning products are provided.

The following are answers to questions you may have:

## **What is PCATT doing to keep me safe?**

Most courses have been adapted for distance learning. For courses which involve on-campus sessions, we require all participants including instructors to wear a mask or face covering at all times while on campus. Guidelines are posted for elevators. Enrollment is limited to allow for social distancing in the classrooms. Hand sanitizer and cleaning products are provided. Participants will be reminded to follow CDC guidelines to protect yourself and others. Specific instructions will be emailed to participants before the course begins.

## **Three things to do before coming to campus**

1. Complete the UH health check app each day BEFORE you come to campus  
Web app: <https://uh.campus.lumisight.com/>  
Information: <https://www.hawaii.edu/its/covid-19-resources/about-lumisight-uh/>
2. If you're not feeling well, stay home and let our office know you are not attending class.
3. Be prepared to wear a mask while on campus and in class  
FAQs for Face Coverings  
<https://www.hawaii.edu/covid19-guidelines/personal-safety-practices/faqs-face-coverings>

## **What should I be aware of if I'm flying to Hawaii for training?**

Depending on the surge of new COVID cases, there could be a travel quarantine in place for travel to Hawaii and between islands.

<https://www.hawaiitourismauthority.org/covid-19-updates/>

Effective October 1, 2020, a form is required to be completed within 24 hours before your departure:

<https://travel.hawaii.gov/#/>

## **What is COVID-19?**

The CDC describes Coronavirus (COVID-19) as an illness caused by a virus that can spread from person to person. Symptoms range from mild (or no symptoms) to severe illness.

## **How can I protect myself and others?**

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

## **How do I know if I might have COVID-19 and what should I do if I have symptoms?**

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

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## How can I get help if I'm stressed or depressed?

There are many resources available.

Aloha United Way

Free, Online, App, or Phone Assistance

Staff available 7 am - 10 pm, seven days a week

Call 2-1-1 from anywhere in Hawaii

Text: (877) 275-6569

Email: [info211@auw.org](mailto:info211@auw.org)

Kokua Life - Suicide prevention app

<https://kokualife.org>

Headspace - Online resource for stress relief, free to unemployed

<https://www.headspace.com>

Calm - Online resource for stress relief

<https://www.calm.com>

Crisis Line Hawaii

(800) 753-6879 or text the word ALOHA to 741741 any time of day. Staff are available 24/7.

CDC - Coping with stress

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/stress-coping/index.html>

Mental Health America of Hawaii

Free, Confidential Online Mental Health Screenings

Help with mental health, anxiety, depression

<https://screening.mhanational.org/screening-tools?ref=MHAHI>

Mindwise - Assistance with stress, sadness, anxiety

<https://www.helpyourselfhelpothers.org>

## How can I get additional information?

Honolulu Community College

<https://www.honolulu.hawaii.edu/covid19>

University of Hawaii System

<https://www.hawaii.edu/emergency/important-health-information-novel-coronavirus/>

City and County of Honolulu Updates

<https://www.oneoahu.org/>

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State of Hawaii Dept of Health

<https://hawaiicovid19.com/>

Center for Disease Control (CDC)

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

World Health Organization

[https://www.who.int/health-topics/coronavirus#tab=tab\\_1](https://www.who.int/health-topics/coronavirus#tab=tab_1)

## **Questions?**

Contact our Registration Office

[honcet@hawaii.edu](mailto:honcet@hawaii.edu)

808 845-9296