He kupu āwhina i ngā marae

COVID-19

Guidance for marae
Me mahi tahi tātou ki te whakakore i te wheori

Let’s work together to stamp out the virus

Te Reo Māori resources
Full information for iwi/Māori including te reo Māori translations:
covid19.govt.nz/everyday-life/information-for-maori/
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Covid19response@dpmc.govt.nz
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Aotearoa New Zealand

O-Tāwhao Marae, Te Awamutu. Birthplace of Te Wānanga o Aotearoa
E haukoti ana i te rere a te COVID-19 hei tiaki i ō tātou whānau me te hapori

Helping to stop the spread of COVID-19 to protect our whānau and the community
This handbook is designed to tautoko whānau, hapū and iwi in managing the COVID-19 safety of manuhiri and tangata whenua at the marae.

The Alert System reduces the risks of COVID-19 spreading, but it also brings restrictions on gatherings at tangihanga.

We acknowledge the pain it causes when our whanau are not able to grieve according to our usual tikanga. For many, this is the most upsetting part of lockdowns.

However, just like after the flu pandemic of World War I, our tangihanga tikanga adjusts to protect our people.

So whether your role at the marae is front of the house (te amorangi ki mua) or at the back (te hāpai ō ki muri), this handbook will help.

For updates and further information, please go to the website: Covid19.govt.nz

More details are then available online in the section titled ‘Information for whānau, hapū and iwi Māori’, which is found under ‘Everyday life’.

Ngā Pae Mataara | Alert Levels

<table>
<thead>
<tr>
<th>Level</th>
<th>Restrictions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level 1</td>
<td>No restrictions</td>
</tr>
<tr>
<td>Level 2</td>
<td>100 people or less</td>
</tr>
<tr>
<td>Level 3</td>
<td>10 people or less</td>
</tr>
<tr>
<td>Level 4</td>
<td>All marae closed</td>
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</tbody>
</table>
About the virus

COVID-19 is a contagious virus that can seriously affect your lungs and airways. It comes from a large family of coronaviruses that are known to cause illness ranging from the common cold to more severe diseases.

COVID-19 is a new strain of coronavirus that the world has never experienced before. Some people who get the virus might not realise they are sick, while others will feel a little run down. Some will get very sick and need hospitalisation. A few will die from complications associated with COVID-19.

Catching the virus

COVID-19 spreads much like the common flu – by droplets transferring from person to person when someone infected with the virus coughs, sneezes or talks. However, COVID-19 infects people faster than the common flu and kills comparatively more people.

COVID-19 is mostly spread during close contact with people who have the virus, but it can also be passed via objects and surfaces. Once ejected, COVID-19 infected droplets are not airborne for long and often land on surfaces or objects that can be touched and caught by people.

Anyone can catch COVID-19. However, some kaumātua and people with existing health conditions like respiratory illnesses could experience severe symptoms as
they don’t have the ability to fight the virus as much as a younger, healthier person. These people are the ones we are trying to protect with this guidance. We are also trying to keep the virus under control, so it doesn’t overload our health system.

**Treating the virus**

A vaccine is considered the best way to get protected from COVID-19. Many vaccines are in development worldwide. The Government has a plan to access these new vaccines and roll them out once they are shown to be safe and effective. However, until these become widely available, most people can recover by taking care of themselves at home, though they will need to show they can isolate safely so the virus doesn’t spread to others. More severe cases will need hospital care.

**Common symptoms:**
- a new or worsening cough
- fever of at least 38°C
- shortness of breath
- sore throat
- sneezing and runny nose
- temporary loss of smell

**Less common symptoms:**
- diarrhoea
- headache
- muscle pain
- nausea and vomiting
- confusion and irritability
**COVID-19 prevention**

**Common behaviours**

Staying safe from COVID-19 means practicing basic behaviours and keeping them a part of your daily routine, so that we keep ourselves, our whānau and our communities safe.

- Stay home if you’re māuiui, particularly if you have cold or flu-like symptoms, as this will stop the further spreading of the virus.
- Cough or sneeze into your elbow to try and keep any virus off your hands. Aim to still wash or sanitise your hands as soon as you can.
- Regularly washing and properly drying your hands stops you spreading the virus.
- Regularly clean surfaces that get touched frequently and disinfect often, like door handles and light switches.

**Face coverings**

Face coverings are one of the best ways to reduce the spread of the COVID-19 virus by stopping droplets being shared to others when someone speaks, laughs, sings, coughs or sneezes.

Masks or face coverings are encouraged when you’re on public transport or planes.

If you are in situations, like big events, where you feel uncomfortable because you can’t physically distance from others (by about 2 metres), wearing a mask will help to keep you safe.

Keep an eye on the rules for face coverings at different alert levels as they can change: [Covid19.govt.nz](https://Covid19.govt.nz)
If you have symptoms that might be COVID-19

1. Stay where you are and try not to travel so the virus doesn’t get a chance to spread.

2. Call Healthline on 0800 611 116, or your GP, or a Māori health provider.

3. Follow their advice for next steps.

When symptoms may show

- **Day 0**: Infected
- **Day 2**: Symptoms may show after 2 days
- **Day 10**: The World Health Organisation says it could take ten days before any symptoms show
Contact tracing

NZ COVID Tracer app

If there is a COVID-19 outbreak, the faster we can contain the virus, the safer we all are. One of the main ways to contain the virus is by contact tracing. The NZ COVID Tracer app helps to speed up contact tracing.

NZ COVID Tracer app can record places you visit as a private digital diary. Just open the app and then scan official QR codes found on posters or printouts displayed in shops, places and events.

Through the app, if you are then identified as having had possible contact with someone who has COVID-19, you can get an alert on how to stay safe.

If a contact tracer calls, they will ask you for information about the places you’ve been and the people you’ve seen. You can then use your NZ COVID Tracer digital diary to help with this.

The contact tracer may also ask you to share your digital diary with the Ministry of Health. You don’t have to do this if you don’t want to. The Ministry cannot access your diary without your permission.

All locations, including marae must display an official QR code at all Alert Levels to help with contact tracing efforts.
Option 1

Marae can register for their own official NZ COVID Tracer QR code to display on their premises for people to scan.

To get a QR code poster for your marae, head online to: Covid19.govt.nz/business-work-and-money/business/get-your-qr-code-poster

Option 2


Marae should collect names, contact details and entry times from manuhiri, but in a way that ensures their privacy is protected.
COVID-19 Alert system

### Alert Level 1

**Pae Mataara 1**

COVID-19 is contained in Aotearoa but is still uncontrolled overseas, so there is a risk of the virus entering through our borders.

**RESTRICTIONS**

NO restriction on numbers of people at marae

**DISTANCING**

NO restriction on numbers of people at marae

### Alert Level 2

**Pae Mataara 2**

COVID-19 is contained in Aotearoa but is still uncontrolled overseas, so there is a risk of the virus entering through our borders, and there’s now a risk of community transmission.

**RESTRICTIONS**

ONLY 100 or less people at marae. If marae cannot operate safely, they may choose to close.

**DISTANCING**

Stand 2 metres away from people you don’t know or see regularly at all gatherings on the marae. Wearing a face covering is encouraged when physical distancing isn’t possible.

**GREETINGS**

Hongi, harirū, and kihi should be avoided until a return to Alert Level 1. Use another form of greeting people that doesn’t require touching.

**EATING**

Clean all surfaces thoroughly where kai will be prepared and served. No buffet style serving or placing food on a table for sharing. Kai should be served on individual plates for each person. No sharing of plates, drinks or cutlery.
## Alert Level 3
### RESTRICTIONS
COVID-19 may not be contained in Aotearoa.

ONLY 10 or less people at marae and ONLY for tangihanga or wedding services. Marae may choose to close. The 10 people limit includes kaikaranga, kaikōrero, as well as a representative/s of the hāhi who are attending.

### DISTANCING
Stand 2 metres away from people you don’t know or see regularly at all gatherings on the marae. Wearing a face covering is encouraged when physical distancing isn’t possible.

### GREETINGS
Hongi, hairū, and kihi should be avoided until a return to Alert Level 1. Use another form of greeting people that doesn’t require touching.

### EATING
Clean all surfaces thoroughly where kai will be prepared and served. No buffet style serving or placing food on a table for sharing. Kai should be served on individual plates for each person. No sharing of plates, drinks or cutlery.

## Alert Level 4
### FULL RESTRICTIONS APPLY:
COVID-19 is not contained in Aotearoa.

- All gatherings are prohibited and marae are closed.
- People are required to stay at their home (with their immediate whānau or bubble), and not visit others.
- Workplaces are closed except for essential services.
Te Whare Tapa Whā

Taha tinana | physical wellbeing
We can look after our physical health by:
• washing our hands
• coughing or sneezing into our elbows
• staying at home if we’re sick
• physically distancing from people we don’t know
• cleaning surfaces that have been touched.

If you’re concerned about any aspect of your health, call your doctor or Healthline on 0800 611 116.

All calls to Healthline are free and someone is available 24 hours a day, 7 days a week.

Taha hinengaro | mental wellbeing
Everyone’s mental wellbeing is important. The Getting Through Together toolkit shares tips and information to help you look after yourself and your whānau.

The toolkit has advice for parents, called Sparklers at Home, which provides support for parents to talk with their primary-school-aged children about their own mental health and wellbeing.

For support with anxiety, distress or mental wellbeing, you can call or text 1737 to talk with a trained counsellor for free, 24 hours a day, 7 days a week.
Taha whānau | family wellbeing

Whānau is about extended relationships — not just your immediate relatives, it’s your friends, hoamahi/colleagues, your community and the people who you care about.

Everyone has a place and a role to fulfil within their own whānau, and whānau contributes to your individual wellbeing and identity.

Strengthen your taha whānau by staying in touch and keeping the connections and close ties to others that we forged during the COVID-19 pandemic.

Taha wairua | spiritual wellbeing

Taha wairua is about our relationship with the environment, people and heritage in the past, present and future.

Your spiritual essence is your life force — your mauri. This is who and what you are, where you have come from and where you are going.

Feeling comfortable in your identity, values and beliefs helps you to feel secure in who you are and what you stand for.

When you are content with yourself you are better able to cope with challenges, build strong whānau relationships and discover the things that uplift you.
## COVID-19 support and helplines

### COVID-19 Health support

<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Information</th>
<th>Availability</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>COVID-19 Healthline</strong></td>
<td>0800 358 5453</td>
<td>Available 24/7</td>
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<tr>
<td>If you have COVID-19 symptoms</td>
<td>+64 9 358 5453 (for international SIMS)</td>
<td></td>
</tr>
<tr>
<td><strong>General Healthline</strong></td>
<td>0800 611 116</td>
<td>Available 24/7</td>
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<tr>
<td>For any other health concerns</td>
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<tr>
<td><strong>Mental health support</strong></td>
<td>Call or Text 1737</td>
<td>Available 24/7</td>
</tr>
<tr>
<td>For support with anxiety, distress or mental wellbeing.</td>
<td>To talk with a trained counsellor for free.</td>
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</tr>
<tr>
<td><strong>Mental wellbeing helplines</strong></td>
<td>justathought.co.nz</td>
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<tr>
<td></td>
<td>leva.co.nz</td>
<td></td>
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<td></td>
<td>allright.org.nz</td>
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<tr>
<td><strong>Stress and disruption</strong></td>
<td>Melon Health, Mentemia and Staying on Track</td>
<td></td>
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<tr>
<td>Self-help websites</td>
<td>Strategies to cope with stress and disruption</td>
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<tr>
<td><strong>Depression helpline</strong></td>
<td>0800 111 757</td>
<td>Available 24/7</td>
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<tr>
<td></td>
<td>depression.org.nz</td>
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<tr>
<td><strong>Alcohol drug helpline</strong></td>
<td>0800 787 797</td>
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<tr>
<td><strong>Women’s Refuge</strong></td>
<td>0800 733 843</td>
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<td></td>
<td>womensrefuge.org.nz</td>
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<tr>
<td><strong>Family and sexual violence prevention helplines</strong></td>
<td>Covid19.govt.nz/health-and-wellbeing</td>
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## COVID-19 Financial Support

<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Details</th>
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<tbody>
<tr>
<td><strong>Business advice</strong></td>
<td>0800 787 797 for North Island</td>
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<tr>
<td></td>
<td>0800 50 50 96 for South Island</td>
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<tr>
<td></td>
<td>• How to access COVID-19 business support</td>
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<tr>
<td></td>
<td>• What Alert Levels means for your business</td>
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<tr>
<td></td>
<td>• HR and general business advice</td>
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<tr>
<td><strong>Work and Income</strong></td>
<td>0800 559 009 workandincome.govt.nz</td>
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<tr>
<td></td>
<td>• food costs</td>
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<tr>
<td></td>
<td>• accommodation costs</td>
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<td></td>
<td>• emergency medical and dental treatment</td>
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<td></td>
<td>• water tank refill</td>
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<tr>
<td></td>
<td>0800 552 002</td>
</tr>
<tr>
<td><strong>Studylink</strong></td>
<td>0800 88 99 00 studylink.govt.nz</td>
</tr>
<tr>
<td><strong>Getting kai</strong></td>
<td>0800 559 009 my.msd.govt.nz</td>
</tr>
<tr>
<td>Work and Income</td>
<td>foodbank.co.nz/foodbanks</td>
</tr>
<tr>
<td><strong>Foodbanks</strong></td>
<td>0800 22 22 00 7am-7pm Support with food and pickups in Auckland</td>
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<tr>
<td>Auckland Emergency Management</td>
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<tr>
<td><strong>Community Capability and Resilience Fund</strong></td>
<td>Community groups can apply for up to $5,000 from the Ministry of Social Development to support the rebuild and recovery from COVID-19.</td>
</tr>
<tr>
<td>For initiatives that support</td>
<td>msd.govt.nz/what-we-can-do/community</td>
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<td>priority groups, including Māori.</td>
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## Housing, job and welfare support

<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Information</th>
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</thead>
<tbody>
<tr>
<td>Employment</td>
<td>0800 20 90 20 employment.govt.nz 09 969 2950</td>
</tr>
<tr>
<td>Working Safely</td>
<td>0800 030 040 worksafe.govt.nz 04 897 7699</td>
</tr>
<tr>
<td>Housing and Tenancy</td>
<td>0800 646 483 hud.govt.nz <a href="mailto:info@hud.govt.nz">info@hud.govt.nz</a></td>
</tr>
<tr>
<td>Temporary accommodation</td>
<td>0508 754 163 temporaryaccommodation.mbie.govt.nz</td>
</tr>
<tr>
<td>Elder Abuse</td>
<td>Call 111 or 0800 32 668 65</td>
</tr>
<tr>
<td>Safety</td>
<td>Call 111 immediately in an emergency, if you or someone else is in danger of being harmed or may harm themselves.</td>
</tr>
</tbody>
</table>

## Managed isolation and quarantine

If you have questions about managed isolation and quarantine, including charges and exemptions:

- **0800 ISOMIQ (0800 476 647)** from within New Zealand
- **+64 4 888 1670** from outside New Zealand or international SIMS

enquiries@miq.govt.nz
Mā tātou anō tātou e arahi
We are our solution
Mā te noho ki te kāinga mēnā e māuiui ana koe, mā te horoi me te whakamaroke i ngā ringa, mā te tautuhi i ngā wāhi i tae ai koe, ka āwhina koe i te kaupapa e noho haumaru ai ō tātou whānau me ō tātou hapori.

By staying home if you’re sick, washing and drying your hands, keeping track of where you have been, you’ll be doing your bit to keep our whānau and communities safe.

He pārongo anō kei Covid19.govt.nz
Find out more at Covid19.govt.nz