

Being COVID-19 ready

Guidance for **Marae, Hui
and Tangihanga** in the
Greater Wellington Region

V4 | 19 April 2022



In the event of COVID-19 symptoms get a test locally:
www.healthpoint.co.nz/covid-19/

Keeping whānau and manuhiri safe and well during the Omicron outbreak.

While many iwi have already put together COVID-19 response plans for their hapū and marae, it's important to make sure these are Omicron-ready. This version of the virus spreads quickly and you may need to adjust your plans to provide extra protection for your whānau and manuhiri.

This 4 step guide covers:

- How to hold COVID-19 safe hui and tangi
- What to do if someone with COVID-19 attends a hui or tangihanga at your marae
- What to do if someone in your whānau is unwell
- Helping getting people vaccinated

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How to keep hui and tangi safe

Under [karakā](#), iwi can gather at marae with no capacity limits.

Face-to-face services or events increase the risk of people passing on the virus, especially to those who may get seriously unwell like older people and those with poor health.

While Omicron is spreading in the community, consider providing other ways to connect, such as going on-line (e.g. via Zoom, Facebook or Microsoft Teams if you have it).

If you are holding a tangi or other gathering, refer to the COVID-Safe Event checklist in the following section.



COVID-Safe Event checklist

Action to take	✓
<p>Remind people to stay home if they are unwell</p> <p>They should get a test and stay home until it comes back negative and they feel better. If they test positive, they will need to isolate at home for 7 days, and so will the people they live with. (Note: if the people they live with have already had COVID-19 less than 3 months ago, they do not need to isolate).</p>	
<p>Use signage to share kawa messages</p> <p>These messages could include <i>'Please be mindful of tikanga in this area'</i> and <i>'Please stay home if you are feeling unwell'</i>. Signage could be placed in locations a couple of kilometres away from your marae.</p> <p>You can download te reo resources here.</p>	
<p>Adapt tikanga to protect your people.</p> <p>You may consider substituting Hongi and harirū, as kanohi-ki-te-kanohi contact and hugging increases the risk of people passing on the virus to others. Encourage people to greet each other while keeping physical distance.</p>	
<p>Physical spacing</p> <p>Keeping people separated by using only alternate rows of seats or maintaining a least 1 metre between the seats is a good idea to keep people safe. Make sure there are plenty of chairs and space them well apart so groups can spread out.</p>	
<p>Ventilate indoor spaces</p> <p>Keep windows and doors open, and use air filtration systems.</p> <p>Hold parts of the tangi or hui outside if you can, such as hākari. It is harder for COVID-19 to spread outdoors, especially when there is a breeze and people stay distanced.</p>	
<p>Wearing masks</p> <p>Masks are not required for manhiri, but are optional and worthwhile.</p> <p>Masks ARE required for those serving kai and for workers at marae, hui, funerals and tangihanga.</p>	
<p>Make 'on-line' an option</p> <p>Even if your hui is happening in person, consider providing an on-line option too - for those in your community who could get really sick if they got COVID-19.</p>	
<p>Remind people who attend your hui or tangi that it is important for them to tell you if they later test positive for COVID-19</p> <p>If someone unknowingly attends your hui while infectious, then later tests positive for COVID-19, it is important that they know to tell you. That way you can let others who were there know – and help to reduce the virus spreading. See Step 2 in the next section.</p> <p>For tangi, know the name of the funeral director, whānau contacts and if the body will be travelling back to a final resting place, so you can alert others if they have been exposed to mate korona.</p> <p>Please keep the name of the person with COVID-19 confidential.</p> <p>See advice for Funerals and tangihanga at Karaka/Orange.</p>	

Action to take	✓
<p>Serving kai in a safe way</p> <p>Kai can be served as normal. To reduce risk you could offer takeaway or pre-packed lunches.</p> <p>People serving food must wear masks. Make sure there is enough cutlery and cups for everyone so no one has to share.</p>	
<p>Make sure bathrooms are well stocked with soap and paper towels, and/or have hand sanitiser readily available</p> <p>Encourage people to wash their hands with soap and water for 20 seconds, then dry well every time:</p> <ul style="list-style-type: none"> • After going to the toilet or changing nappies • Before preparing food, eating or drinking <p>Hand sanitiser is a good option if soap and water aren't available.</p>	
<p>Clean and sanitise shared surfaces thoroughly before and after use</p> <p>Find cleaning advice here: https://www.health.govt.nz/covid-19-novel-coronavirus/covid-19-health-advice-public/covid-19-general-cleaning-and-disinfection-advice</p>	



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What to do if someone with COVID-19 attends your marae

If someone with COVID-19 attends a hui or tangi on your marae, take action to reduce the chance of others getting sick too:

- If the person tells you they have tested positive for COVID-19, you should tell the other people who were there at the same time. **Use the template on the next page to do this.**
- You can use channels such as social media to communicate with your iwi, **but you must not share the name or any personal information of the person who has COVID-19.** This is private and confidential health information.
- Don't wait for a health professional to reach out before you start taking action – the sooner you start telling others the better.

If you need public health advice or support because you have:

- A COVID-19 outbreak in your iwi or hapū that is spreading quickly (i.e. lots of people are becoming sick with COVID).
- You have a large number of people who have been exposed to COVID at your marae and who could be seriously affected by the virus (for example, they have other health conditions, are pregnant, or are age 60-plus).

Contact Regional Public Health:

By email: RPHIMT_SPOC@huttvalleydhb.org.nz
By phone: (04) 570 9002 (8am to 5pm, Monday to Friday).

Template for telling your community of a COVID case at your gathering

[Download this template](#)

Insert the correct details in the highlighted spaces below before sending.

<Kia ora koutou or your usual greeting>

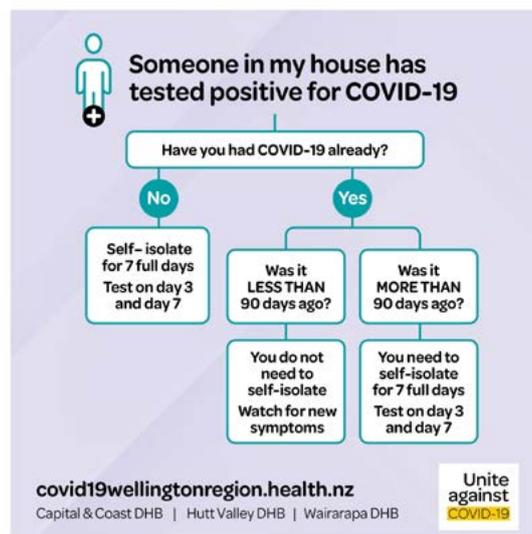
We've learned that someone with COVID-19 attended **hui, tangi or our marae** and there is a risk they may have passed the virus on to others. The person was present at the following time(s):

- **Click or tap to enter day, date & time. Insert multiple dates/times if necessary.**

What to do if you were there and you do NOT live with the person with COVID-19:

- If you **are free of COVID symptoms**, you **do NOT need** to get a test or self-isolate. However, please avoid contact with vulnerable groups or individuals for a week from the date above, and **watch out for symptoms**.
- If **you have or develop COVID symptoms**, please isolate at home and get tested immediately (see below for how to do this). If you still have symptoms after a negative test, stay at home until 24 hours after your symptoms have stopped. If your symptoms get worse, contact your local healthcare provider or call Healthline on 0800 358 5453.
- If you have symptoms and you need to miss work, financial support may be available. You can show your employer this letter if necessary. See covid19.govt.nz.
- **If you test positive**, there is further advice available on the Unite against COVID-19 website: covid19.govt.nz. You **do not need** to take a PCR test to confirm a positive rapid antigen test (RAT) result.

What to do if you live with someone who has tested positive for COVID-19



What to do if you are a household contact and a critical worker

If you are a household contact **and** a critical worker, specific advice for you is available here: <https://covid19.govt.nz/testing-and-tracing/contact-tracing/critical-workers/>

Testing

Testing is free. You can find your nearest testing centre here: www.healthpoint.co.nz/covid-19, or free-phone Healthline: 0800 358 5453.

If you have COVID-19 symptoms, or are asymptomatic and a household contact can order and then collect RATs from a Community Collection site, and then use these yourself at home. RATs are the main type of test now being used, with results only taking about 20 minutes. You can order RATs on-line or over the phone.

- **Online:** requestrats.covid19.health.nz
- **Over the phone:** 0800 222 478, choose option 3 (8am-8pm, 7 days a week)

COVID-19 symptoms

- new or worsening cough
- sneezing and runny nose
- fever
- temporary loss of smell or altered sense of taste
- sore throat
- shortness of breath

Less common symptoms of COVID-19 may include: diarrhoea, headache, muscle aches, nausea, vomiting, malaise, chest pain, abdominal pain, joint pain, or confusion/irritability. These almost always occur with one or more of the common symptoms.

For further help:

- If you are worried or have questions you should call your GP or family doctor.
- The [Unite against COVID-19 website](https://covid19.govt.nz) (<https://covid19.govt.nz>) has lots of useful information in many languages: <https://covid19.govt.nz/languages-and-resources/translations/>
- Information about the vaccination is available from: <https://www.covid19wellingtonregion.health.nz/getting-vaccinated/getting-vaccinated/>
- Information for people with COVID-19 is available from: www.covid19wellingtonregion.health.nz
- You can also call Healthline for free anytime on 0800 358 5453.

<Ngā mihi or greeting to close >

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Help others to get vaccinated

The best way to protect yourself, your whānau, your friends and your hapori from the Omicron variant of COVID-19 is to get:

- ✓ Two doses of the COVID-19 vaccine, AND
- ✓ A booster

If it's been more than 3 months since your 2nd dose you should get a booster shot to provide the best protection against Omicron. Vaccines are free and are available to anyone in Aotearoa aged 5 years and over:

Visit: <https://bookmyvaccine.covid19.health.nz/>

Call: 0800 28 29 26

Have you had COVID-19?

You should still get vaccinated: it's the best tool to protect you from catching it again.

It's recommended that you wait 3 months after you test positive for COVID-19 before getting your next dose. This recommendation is for all ages and applies to all COVID-19 vaccines available in New Zealand.





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What to do if someone in your whānau, iwi or hapori has COVID-19 symptoms

If a whānau member, friend, or someone else you know feels unwell and has one or more symptoms of COVID-19, it's important that they get a COVID-19 test and stay at home:

- ✓ Until it comes back negative, AND
- ✓ Until they have felt well and free of symptoms for 24 hours

If they test positive, they will need to isolate at home for 7 days and so will anyone they live with (unless the person or people they live with have already had COVID-19 less than 3 months ago).

If they have a positive Rapid Antigen Test (RAT) result, they should go on-line to MyCovidRecord <https://mycovidrecord.health.nz/> and register so they can be assessed for medical support or manaaki. If they cannot go on-line, they can ring Healthline on 0800 358 5453.

You can find your nearest testing centre here: www.healthpoint.co.nz/covid-19, or free-phone Healthline: 0800 358 5453.

You can also order free Rapid Antigen Tests (RATs) and use these yourself at home. RATs are the main type of test now being used, with results only taking about 20 minutes. You can order RATs on-line or over the phone.

- Online: requestrats.covid19.health.nz
- Over the phone: 0800 222 478, choose option 3 (8am-8pm, 7 days a week)

You can get a free test if you:

- Have symptoms
- Are a Household Contact
- Are a Critical Worker and need a test to go to work
- Are part of the healthcare and emergency service workforce
- Require a test for domestic travel or to attend court
- Do a job where mandatory testing applies