

BEING COVID-READY

ADVICE & GUIDANCE FOR MARAE, HUI AND TANGIHANGA

Prevent COVID-19
Protect your community



The [COVID-19 Protection Framework](#) sets out the current requirements for marae under different traffic light settings. This guidance by Auckland Regional Public Health Service covers additional measures you can consider to further protect whānau and manuhiri while transmission of COVID-19 is still occurring within the Auckland region.

While restrictions are reduced at the Orange traffic light setting COVID-19 still poses a threat, especially to our most vulnerable communities. The Omicron variant of COVID-19 can make people very sick, even if they are fully vaccinated. As we enter winter we will also see an increase in other illnesses such as the flu. It's therefore important to consider what level of safeguards you can maintain at your marae to run gatherings and events safely to reduce the risk of people getting very ill.

Please look out for your whānau at this time, especially those who are older or others who could get very sick. This includes people aged 70-plus, pregnant women and those who have a health condition like diabetes or cancer.

[This guide covers](#)

- ✓ How to hold COVID-19 safe hui and tangihanga
- ✓ 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

1

Step 1: How to keep hui and tangi safe

- While iwi can gather at marae during **Orange**, and in [Phase 3](#) of mate korona Omicron, it is up to kaumatua of your marae to decide whether they want to allow hui.
- There is a higher risk of people passing on COVID-19 at indoor face-to-face gatherings. While Omicron is in the community you may want to consider alternative options for hosting hui. This may include:
 - Holding hui outside where possible
 - Modifying tikanga to reduce the risk
 - Going online (e.g. via Zoom, Facebook or Microsoft Teams)
 - Temporarily pausing or delaying hui



COVID-19 safe event checklist:

Action to take

Remind people to stay home if they are unwell

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 someone has already had COVID-19 they do not need to isolate again for 3 months).

Use signage to share kawa messages

These messages could include 'Please be mindful of kawa in this area' and 'Please stay home if you are feeling unwell'. Signage could be placed in locations a couple of kilometres away from your marae.

You can download te reo resources from [Unite against COVID-19](#).

Capacity limits are no longer required

At Orange there are no capacity limits for indoor gatherings or events. You may want to consider still maintaining caps on indoor gatherings and events to avoid widespread transmission at your marae.

People also no longer need to show their My Vaccine Pass, however you can still require it if you wish.

Make sure you have ways to contact people

People no longer need to scan-in using the COVID-19 tracer app, however it's still good practice to have contact details for attendees.

This will be helpful if there are multiple cases at your venue, so you can warn others to watch out for COVID-19 symptoms. You can also ask people to follow your social media or share their email addresses so they can stay up to date.

Adapt tikanga to protect your people.

Avoid hongis 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, if possible.

Keep different roopu in their own bubbles where possible

For example, you can ask rangatahi to keep physically away from kuia and koroua, as this will reduce the risk for older people, who are more vulnerable to the effects of COVID-19.

Keep these bubbles at least 1 metre apart if possible

Keep bubbles separated and safe by using only alternate rows of seats or maintaining a least 1 metre between the seats. Make sure there are plenty of chairs and space them well apart so groups can spread out.

Singing is allowed but it increases the risk of COVID-19 spreading.

Ventilate indoor spaces

Keep windows and doors open, and use air filtration systems. 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.

Encourage mask wearing amongst attendees

Wearing a mask is an important way to stop COVID-19 spreading and surgical masks are a great option.

Face masks are not required for attendees at gatherings and events, however you should consider encouraging them to be worn when people are moving about your venue, as well as upon entry and exit.

Face masks are required for workers at indoor events and gatherings, including volunteers. Performers and formal speakers, such as a person leading a service, can remove a mask provided they are 2m apart from the audience or other attendees.

To make it easier for people to wear masks you could keep a supply of them at entry points for those who forget to bring one.

Always make 'on-line' an option

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 or who are isolating.

Remind people who attend your hui or tangi that it is important to tell you if they test positive for COVID-19

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 risk of the virus spreading. *See Step 2 in the next section.*

For tangi, make sure you know:

- the name of the funeral director
- whānau contacts and
- if the body will be travelling back to a final resting place

This will help if you need to alert others that they have been exposed to mate korona. Please keep the name of the person with COVID-19 confidential. For more information check the advice on [Funerals and tangihanga at Orange](#).

[Make sure bathrooms are well stocked with soap and paper towels, and/or have hand sanitiser readily available](#)

Encourage people to wash their hands with soap and water for 20 seconds, then dry well every time:

- After going to the toilet or changing nappies
- Before preparing food, eating or drinking

Hand sanitiser is a good option if soap and water aren't available.

[Clean and sanitise shared surfaces thoroughly before and after use](#)

Guidance on cleaning is available from the [Ministry of Health](#).



Step 2: What to do if someone with COVID 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 or email 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.

Contact Auckland Regional Public Health Service if you need public health advice or support regarding:

- 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 70-plus).

How to korero:

- **By email:** <https://www.arphs.health.nz/about-us/contact-us/>
- **By phone:** 09 623 4600 (8am to 5pm, Monday to Friday).

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

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 our <gathering> and there is a risk they may have passed the virus to others. The person was at our <gathering> at the following time:

- <Insert Day, Date and Time>

What to do if you were there at this time – if 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 10 days from the date above, and watch out for symptoms.
- If you have 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 and carry out another test the following day. If your symptoms get worse, contact your local healthcare provider or call Healthline for free 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.
- If you test positive, there is further advice available on the Unite against COVID-19 website: <https://covid19.govt.nz/isolation-and-care/if-you-have-covid-19/>

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

If you live with someone who has tested positive for COVID-19, you are a household contact. You should:

- isolate at home for at least 7 days - starting from when the person tested positive or first developed symptoms
- get tested on Day 3 and Day 7 of the isolation period

More information is available from: <https://covid19.govt.nz/testing-and-tracing/contact-tracing/household-contacts/>

You can also call Healthline for free on 0800 358 5453. This is a free, 24/7 service with interpreters available. Tell them you are a household contact.

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

If you are a household contact and a critical worker, you may be able to return to work early. More information is available from: <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.

You can also order free Rapid Antigen Tests (RATs) if you have symptoms, 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](tel:0800222478), choose option 3 (8am-8pm, 7 days a week)

Find out more at <https://covid19.govt.nz/testing-and-tracing/covid-19-testing/how-to-get-a-covid-19-test/>.

Common 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 has lots of useful information on COVID-19. Visit: <https://covid19.govt.nz>.
- Information in other languages is available from: <https://covid19.govt.nz/languages-and-resources/translations/>
- Information about the vaccination is available from: <https://immunisation.northernregion.health.nz/>
- Information for people with COVID-19 is available from: <https://immunisation.northernregion.health.nz/whanauhq/>.
- You can also call Healthline for free anytime on 0800 358 5453. Healthline has interpreters if you need one.

<Closing greeting>



Step 3: Help others to get vaccinated

The best way to protect yourself, your whānau, your friends and your hāpori from the Omicron variant of COVID-19 is to get vaccinated and boosted.

The COVID-19 vaccine is free and available to anyone in Aotearoa aged 5 years and over.

Use the FAQs to learn more about how people can get vaccinated, and common questions others may have.

Vaccine FAQs

How many doses of vaccine should you have?

- If you're over 18, you should have two doses of the vaccine, at least three weeks apart – and then a booster around three months after the second dose.
- If you have children aged 5-11, they should have two doses, at least eight weeks apart. Children receive a smaller dose and volume of vaccine, and it is given with a smaller needle.
- And just recently boosters were approved for 16 and 17-year-olds. They should now get a booster if it's been six months since they had their second dose of the vaccine.

Where can people get the vaccine from?

There are lots of options for where to get vaccinated:

- There are vaccination centres across Auckland.
- There are two Pacific-led vaccination centres in Otara and Westgate.
- There are pharmacies offering vaccination.
- You can go to your usual doctor to get vaccinated.

You can find all of the vaccination centre locations on-line at nrhcc.health.nz. When encouraging your community to get vaccinated try and find clinics near your marae to make it easy for them.

How do you book a vaccination appointment?

You can just walk-in or drive up to one of the Auckland vaccination centres during their opening hours. You can find all of the vaccination centre locations on-line at nrhcc.health.nz.

If you do want to book ahead you can:

- Call 0800 28 29 26 – this line is available from 8am to 8pm, seven days a week and has interpreters available.
- Visit bookmyvaccine.nz

Can pregnant women be vaccinated?

Yes, if you're pregnant you can – and should – get the COVID vaccination.

If you catch COVID-19 when you're pregnant, you're more likely to become very unwell — so it's a good idea to get vaccinated and boosted. The vaccine also protects your baby.

Millions of pregnant people have been vaccinated around the world. Data shows no evidence that the vaccine is associated with an increased risk of miscarriage during pregnancy, and no additional safety concerns have been raised. There are also no additional safety concerns or issues with continuing to breastfeed after vaccination.

If you've already had COVID, do you still need to get vaccinated?

Yes. Getting vaccinated will help to protect you against COVID, even if you've already had the virus. You need to wait until three months after you have recovered to get your vaccination. If you tested positive, but didn't have symptoms, you can get vaccinated three months after the date of your positive test.

Ask your communities to check they're vaccinated against other illnesses

With winter approaching there will be a higher risk of other illnesses and viruses spreading in New Zealand. For many of these however there are vaccines available which can provide great protection.

People can check with their GP if they and their whānau are fully up-to-date with the vaccines they require. This is especially important for children, those who are older, and those with other underlying health conditions.

Consider asking whānau to contact their doctor to check they and their family are up-to-date.



Step 4: 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 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:

- stay home for 7 days and so will anyone they live with
- record the result by visiting <https://mycovidrecord.health.nz/> or free-calling 0800 358 5453. Filling this in will help health professionals know if they need medical support or manaaki.

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

You can also order free Rapid Antigen Tests (RATs) to use at home:

- **Online:** requestrats.covid19.health.nz
- **Over the phone:** free-call [0800 222 478](tel:0800222478), 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