

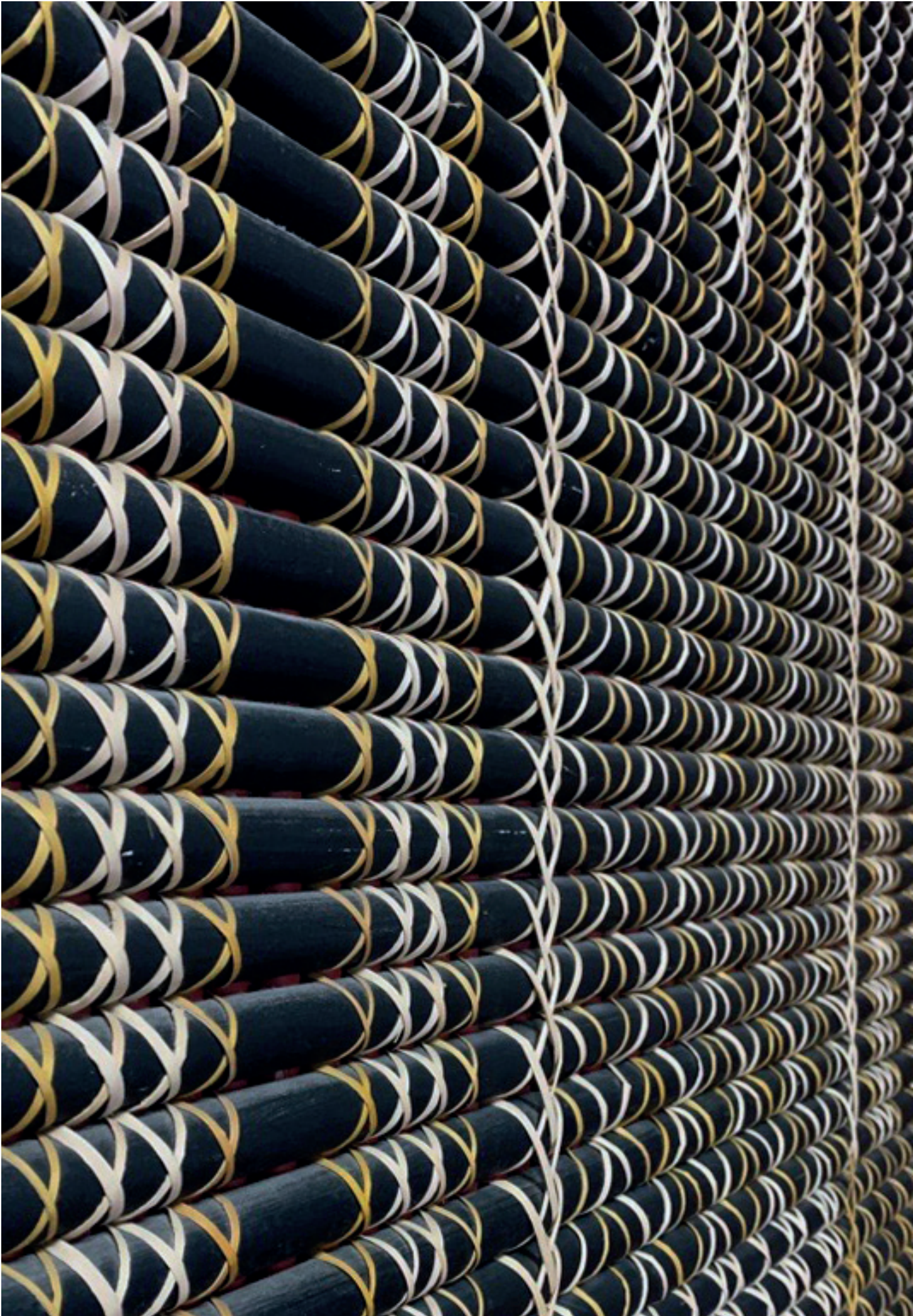


He kupu āwhina i ngā marae

COVID-19 guidance for marae

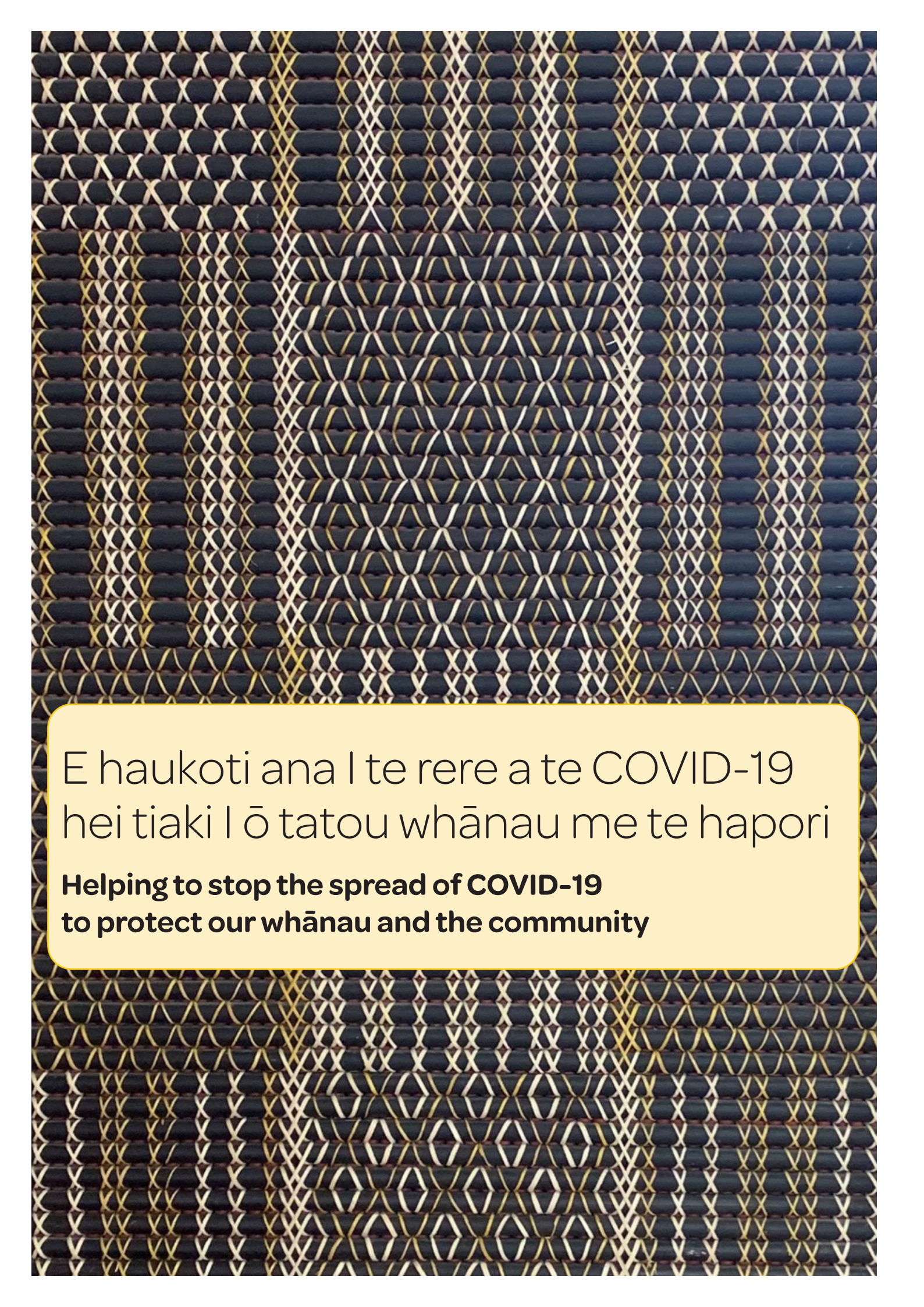
Te Kāwanatanga o Aotearoa
New Zealand Government

**Mā tātau
katoa e
ārai atu te
COVID-19**



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E haukoti ana I te rere a te COVID-19
hei tiaki I ō tatou whānau me te hāpori

**Helping to stop the spread of COVID-19
to protect our whānau and the community**



Introduction

This guide is designed to support marae to safely operate in accordance with the COVID-19 Protection Framework – commonly known as the traffic lights.

The traffic lights are replacing the Alert Level system and are intended to provide a flexible approach to managing COVID-19 in the community.

Traffic light colours for districts are decided by taking into account things like vaccination coverage, COVID-19 transmission in communities, and the capacity of the health and disability system.

For many, the inability to observe tikanga in the usual ways has been one of the most upsetting parts of the pandemic. However, just like in response to the Spanish Influenza outbreak of 1918 – tikanga adjusts to protect people.

Since March 2020, we've seen marae across Aotearoa create pandemic plans that set their own tikanga for the circumstances in which they will permit gatherings to ahead.

Marae across Aotearoa will continue to decide whether to permit gatherings. If gatherings are permitted, decisions will also need to be made on whether those who are unvaccinated will be able to use marae or attend gatherings. These decisions rest with the leadership of the marae.

This guide will help you to know what to do to keep whānau and manuhiri at your marae safe and well during this time.

These guidelines will continue to be refined over time, based on our experience of living within the traffic light colours.

For updates and further information, please go to the website: [Covid19.govt.nz](https://www.covid19.govt.nz)

What is COVID-19?

About the virus

COVID-19 is a disease caused by the coronavirus SARS-CoV-2. It particularly affects your lungs and airways.

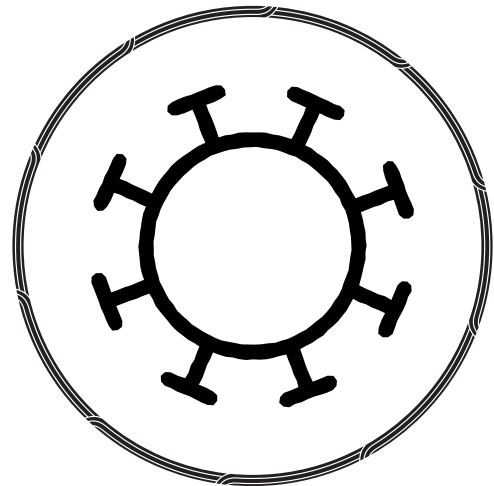
Coronaviruses are from a large and diverse group of viruses that cause illnesses like the common cold.

Other recent diseases caused by coronaviruses include severe acute respiratory syndrome (SARS) and Middle East respiratory syndrome (MERS).

SARS-CoV-2 (COVID-19) was first recognised in China and likely originated in animals. It is still unclear how the virus came to infect humans. The disease spread to other countries, with the World Health Organization (WHO) declaring a global pandemic on 11 March 2020.

Since then, the virus has undergone genetic mutations as it adapts to humans. Some of these mutations, such as the Delta variant, can spread more easily than the original virus and cause more severe effects.

However, as our understanding of the COVID-19 virus has grown, so has our ability to keep you safe.



How COVID-19 spreads

COVID-19 is spread from person to person. When an infected person breathes, speaks, coughs, sneezes or sings, they may spread particles containing the virus.

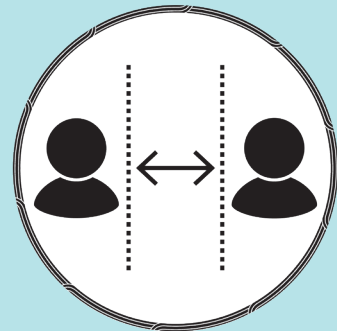
These particles range in size. Larger and heavier particles – droplets – quickly fall to the ground or other surfaces within seconds or minutes. Smaller particles – aerosols – can remain airborne for minutes to hours.

Spread of the virus by aerosols appears to be more important than previously thought.

The risk of airborne transmission becomes higher:

- in enclosed spaces that do not have good airflow
- in crowded places with many people nearby
- in close-contact settings, such as close-range conversations, singing, or shouting.

The risk is lower outside, with fewer people, and if people are widely spread.



How to protect yourself and others

These simple steps slow the spread of the virus and help protect you, your whānau, and your community from COVID-19:

- If you have cold, flu or COVID-19 symptoms, stay home and call your doctor or Healthline for free on **0800 358 5453**.
- Get vaccinated and carry your vaccine pass.
- Wear a face covering.
- Keep track of where you have been with the NZ COVID Tracer app or NZ COVID Tracer booklet.
- Regularly wash and thoroughly dry your hands.
- Sneeze and cough into your elbow.
- If you are in a gathering, keep distanced from other groups and avoid mixing with them.
- Clean or disinfect shared surfaces often.



Kia mare, kia matihe
rānei ki tō take.

Common symptoms and less common symptoms

The symptoms of COVID-19 are similar to the cold or flu. Some people will only experience mild to moderate symptoms, others can suffer long term or even permanent health impacts.

Māori and Pacific people, older people, ethnic minorities, and those with underlying medical conditions are at higher risk of severe illness from the virus.



Symptoms can include one or more of the following:

- a fever of at least 38°C
- a new or worsening cough
- sore throat
- shortness of breath
- sneezing and runny nose
- temporary loss of smell or altered sense of taste.

Less common symptoms may include:

- diarrhoea
- headache
- muscle pain or body aches
- nausea
- vomiting
- confusion or irritability.

If you have any symptoms,
noho ki te kainga, call your
doctor or Healthline free at
0800 538 5453



E noho ki te kāinga mēnā
kei te māuiui koe

Feeling sick? Stay home.

Gatherings at marae

Gatherings at marae are permitted under all colours of the COVID-19 Protection Framework (traffic lights).

- Maximum gathering sizes vary according to what traffic light colour we're at and whether vaccine passes are used.
- The decision on whether to allow gatherings at all rests with the leadership of the marae. If gatherings are permitted, decisions will also need to be made on whether those who are unvaccinated will be able to use marae or attend gatherings. Marae may choose to put signage up to indicate that vaccine passes are required to enter.

If vaccine passes are used:		If vaccine passes are <u>not</u> used:	
	No limits on the number of people that can be at the marae at a time.	Up to 100 people permitted to be at the marae at a time, but separate to groups of those who are vaccinated.	
	No limits on the number of people that can be at the marae at a time.	Up to 50 people permitted to be at the marae at a time, but separate to groups of those who are vaccinated	
	Up to 100 people permitted to be at the marae at a time.	Up to 25 people permitted to be at the marae at a time, but separate to groups of those who are vaccinated	

Whānau pani, paepae/taumata and ringawera are included in the people count where attendance limits apply.

Who can be where – and when?

The definition of marae includes the following:

- Marae ātea
- Wharenui
- Wharekai
- Wharepaku / ablution blocks
- On-site car parks
- For the purposes of tangihanga – urupā.

Where there are kōhanga reo etc on the same site as a marae, it's for Marae Kōmiti/Rūnanga governance to define the boundary that exists between the marae and those sites. These locations will be subject to their respective public health restrictions.

How this may look in practice:

If vaccine passes are used:

If vaccine passes are not used:

GREEN

No limits

For example: 100 in the wharenui, 100 in the wharekai including ringawera, 20 on the ātea, 80 waiting to be welcomed on.

100 people limit

For example: 50 in the wharenui, 25 in the wharekai including ringawera, 25 on the ātea.

ORANGE

No limits

For example: 40 in the wharenui, 80 in the wharekai including ringawera, 10 in ablution, 20 on the ātea.

50 people limit

For example: 40 in the wharenui, 5 in the wharekai (ringawera), 5 on the ātea.

RED

100 people limit

For example: 40 on the ātea, 50 in the wharenui, 10 in the wharekai (ringawera).

25 people limit

For example: 20 in the wharenui, 5 in the wharekai (ringawera).

Switching between using vaccine passes and not

- You can choose to require vaccine passes or not. You can not change mid-gathering.
- If you do choose to switch between vaccinated groups and groups with unvaccinated people, you will need to ensure:
 - there is no intermingling of ope,
 - rooms in use are cleaned as per public health advice.

Tamariki (under 12 years 3 months)

- Tamariki cannot yet be vaccinated.
- For the purposes of the COVID-19 Protection Framework, vaccine passes do not apply to tamariki – but they are still included in number counts where gathering restrictions apply.

Noho marae

- Overnight stays are permitted within the traffic light settings.
- The same rules apply as per the daytime.





How numbers can be managed at marae

- The decision on whether to allow gatherings at all rests with the leadership of the marae. If gatherings are permitted, decisions will also need to be made on whether those who are unvaccinated will be able to use marae or attend gatherings.
- Gathering restrictions limit the number of people that can be present at a marae at any one time.
- There are no limits on how many people can go through a marae each day – groups just need to be separated.
- If marae allow for gatherings including the attendance of those who are unvaccinated, there is no restriction on groups that include small numbers of unvaccinated people – but, the total number of people in a group that includes unvaccinated people allowed at the marae at a time will vary depending on traffic light colour settings.
- If any member of the whānau pani, paepae/taumata and/or ringawera is unvaccinated, gathering restrictions will apply as if vaccine passes aren't being used.
- Marae may consider continuing and/or adopting tikanga changes they have taken up during previous restrictions, including:
 - advising manuhiri and whānau that they will need to let the marae know a) they are coming and b) their numbers
 - receiving ope at set times (with time for cleaning in between ope).

Tangihanga

- If marae allow for gatherings including the attendance of those who are unvaccinated, tangihanga can be attended by both vaccinated and unvaccinated people, but restrictions on group size may apply.
- You can switch between allowing vaccinated and unvaccinated groups to attend, as long as vaccinated groups and smaller groups with unvaccinated people are not on the marae at the same time and do not mix. Rooms in use need to be cleaned as per public health advice between ope.
- Attendance restrictions will be based on the group in the marae at a certain time. For example, if a group with unvaccinated people is at a tangihanga, and the region is at Red, then only 25 people can be in attendance. After cleaning, up to 100 vaccinated people could then attend as one group later in the day.
- If you do switch between vaccinated groups and groups with unvaccinated people, you will need to ensure that there is no mixing of the two groups.
- It needs to be made clear to all involved (whānau pani /paepae/ taumata / ringawera / manuhiri) what is a vaccinated gathering and what is not.



Keeping people safe

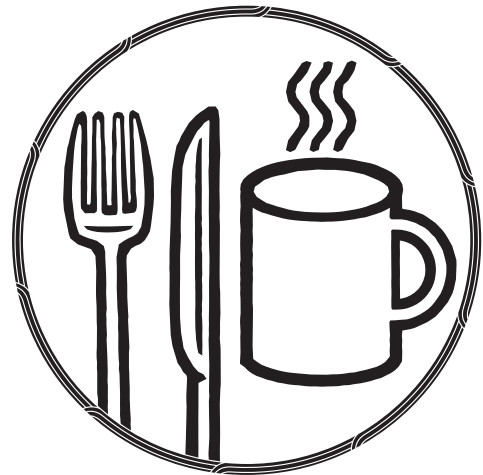
Given the high numbers of people that may travel through marae, practical steps will help to keep people safe such as:

- Contact tracing – using the NZ COVID Tracer app or manually recording attendees' details (including name, contact details and times present).
- Cleaning surfaces in between one ope departing and the next ope arriving
- Asking people with COVID-19 symptoms to stay home.
- Use of face coverings where appropriate.
- Modifying tikanga that involves close contact – like hongī and harirū.

Serving kai

You can serve kai. Decisions about how to serve kai will be made by Marae Kōmiti. As some marae have already adopted, options like takeaway lunches or outside dining could be considered, particularly for groups including non-vaccinated people.

If you are serving or handling kai you must always wear a face covering.



Contact tracing

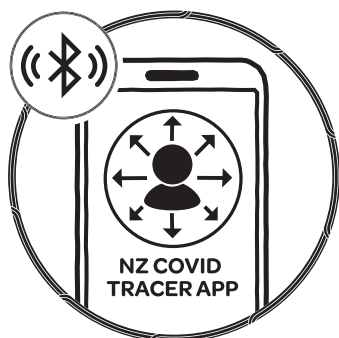
If someone has tested positive for COVID-19, the Ministry of Health and district health boards (DHBs) will contact people who may have had exposure to the virus. This process is contact tracing.

The NZ COVID Tracer app helps you keep track of where you have been. Using the app is one thing we can all do to help contact tracing go faster and stop COVID-19 from spreading. You can download the app for free from your device's app store.

Use the NZ COVID Tracer app to:

- scan QR codes to create a private digital diary of the places you visit

Contact tracing is one of our best tools to limit the spread of COVID-19



- use Bluetooth tracing to keep a record of the people you have been near. Bluetooth tracing is entirely anonymous. It cannot track your movements. No one will ever see who you have been near, even if you test positive for COVID-19
- register your contact details in the 'My data' section so contact tracers can get in touch if they need to
- add a manual entry if you cannot scan a QR code – you can view and edit your diary at any time.

If you do not use the app, use whatever method works for you, like the NZ COVID Tracer booklet or your own paper notebook. Encourage your family, whānau and friends to do the same.

Keep track of:

- where you went
- when you went there
- who you met.

You can download the NZ COVID Tracer booklet here:

[Covid19.govt.nz/health-and-wellbeing/contact-tracing/nz-covid-tracer-booklet](https://covid19.govt.nz/health-and-wellbeing/contact-tracing/nz-covid-tracer-booklet)

My Vaccine Pass and the Verifier App

- At all colours of the COVID-19 Protection Framework, marae remain open for people with a My Vaccine Pass. Tamariki can be admitted without vaccine passes.
- My Vaccine Pass is an official record of your COVID-19 vaccination, or exemption, status for use within Aotearoa.
- Vaccine passes include a person's name, date of birth and a QR code.
- Marae should check attendees' vaccine passes at or near the point of entry. Checking the My Vaccine Pass QR code with a verifier app is the only way to confirm the authenticity of a My Vaccine Pass.
- The Ministry of Health has launched a free verifier app called NZ Pass Verifier which is available on the App Store and Google Play, to scan and verify vaccine passes.
- At large gatherings where marae are unable to verify every My Vaccine Pass, you can spot check vaccine passes.
- It is up to manuhiri to present only their own vaccine passes. Marae are not required to check ID, but they may request it.
- Marae should make reasonable efforts to ID tamariki under 12 years and 3 months. This might include asking tamariki their age, date of birth or year at school.



Face coverings

- Face coverings can help reduce the spread of COVID-19. They stop droplets spreading when someone speaks, laughs, coughs or sneezes. This includes someone who has COVID-19 but feels well or has no obvious symptoms.
- The Delta variant is more transmissible by droplets, so face coverings are a way we can protect ourselves and each other. At all traffic light colours, decisions about the use of face coverings will be made by Marae Kōmiti.
- Some people who have a disability or health condition may not be able to wear a face covering safely. If you cannot wear one, you can get an exemption card. You can show your exemption card when needed.
- You can request a card from the Disabled Persons Assembly NZ by contacting them on **04 801 9100** or emailing them at **info@dpa.org.nz**



Me mau
ārai kanohi

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.
- getting vaccinated.
- 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**. For COVID-19 specific concerns, call **0800 538 5453**.

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



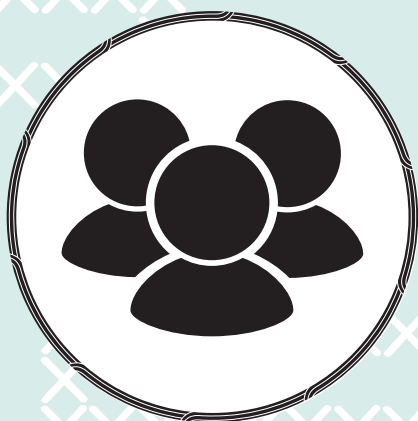
Taha hinengaro | Mental wellbeing

Everyone's mental wellbeing is important. **The Getting Through Together** toolkit shares tips and information to help you look after yourself and your whānau. Visit [Allright.org.nz](https://www.allright.org.nz) for the toolkit.

Sparklers at Home provides support for parents to talk with their primary-school-aged children about their own mental health and wellbeing, along with activities. Visit [Sparklers.org.nz](https://www.sparklers.org.nz)

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 and build strong whānau relationships and discover the things that uplift you.



Services and support

In an emergency	If at any time you are in danger, need urgent medical help, or are having difficulty breathing, call 111 immediately.	Call 111 for Fire and Emergency, Police, or Ambulance
For health advice	Call your Doctor, or contact Healthline for free health advice by trained professionals	Healthline 0800 611 116 COVID-19 health advice 0800 358 5453 Healthpoint.co.nz
For health advice about babies or children	Call Plunket to speak to a Plunket nurse	PlunketLine is a free help service for all families, whānau and caregivers 0800 933 922
Find local social support services in your area	Call the Family Services helpline	Family Services helpline 0800 211 211
For mental health or addiction support	Call or text Helpline to talk with someone trained to help	Call or text Helpline - 1737 For specific addiction help, contact the Alcohol Drug Helpline on 0800 787 797
For support with family violence or sexual violence	The Elder Abuse Helpline is a free service that older people can contact if they or someone they know are experiencing elder abuse. Call Women's Refuge for advice, support and safe accommodation when you're dealing with violence in your life.	Elder Abuse Hotline 0800 326 6865 Women's Refuge 0800 733 843
For support for young people	Youthline supports all young people, including those who are struggling. Youthline is a free 24/7 Helpline service.	0800 376 633 Free text 234 Webchat Youthline.co.nz



For rural and farming support	Contact your local Rural Support Trust. They can point you in the right direction for the support you need.	Rural Support Trust 0800 787 254
For access to food or essential items	We all need food and essential items such as medicine, so please don't try to go without. You can apply for a benefit online and check your eligibility for food assistance.	Call your local pharmacy for help with medicines. Workandincome.govt.nz Food grant & benefit My.msd.govt.nz General line 0800 559 009 Seniors 65+ 0800 552 002
For business support	All businesses and sole traders can get support and advice on: government financial supports, finding free or subsidised expert mentoring, advice and business continuity.	North Island 0800 500 362 South Island 0800 505 096



