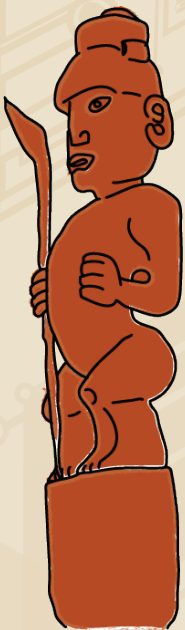


#Protect Our Whakapapa

If you start to feel any flu like symptoms, particularly shortness of breath, sore throat or fever —

call Healthline on
0800 358 5453

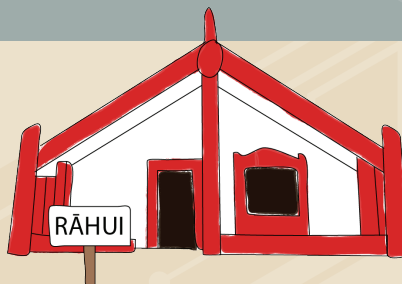


Tikanga

**He aha te mea nui ō tēnei āo.
He Tangata, He Tangata,
He Tangata.**

Tikanga is about living and we adapt for the context. We must make our tikanga work to help us survive.

At this time we have to be extra vigilant to ensure tapu and noa are upheld so that ora is our primary focus.



Marae

Ko te Marae te panapana o te manawa o te hapū - The Marae is the heartbeat of the hapū.

For many of us the Marae is the hub of our community.

During the Level 4 lockdown, all Marae are closed.

Consider sending a message out about closures and what it will mean for Tangihanga.

Tuku Mauri

Homai to poho hei piringa whānaungatanga mai i tawhiti

We can still keep in contact and show our Aroha from afar.

Ask a younger whānau member to create whānau groups on social media apps to keep up the whanaungatanga.

Stay connected with friends & other whānau by phone or video calling.

Adapting our Tikanga

Keeping true to our tikanga in changing times



Karakia

Karakia is an essential tool to maintain oranga tangata and oranga whānau.

We can continue our practice in our own homes.

We can share karakia and spiritual support to loved ones on social media.



Hui / whānau reunions

All hui / whānau reunions, unveilings, weddings, birthdays etc, must be postponed until the lockdown is over and the restrictions around social distancing removed.

Ignoring this precaution could lead to extended lockdown and **an increase in Covid-19 cases.**



Tangihanga — straight to urupā

During Alert Level 4, funeral directors are open but there will be no tangihanga on Marae or funeral services.

This is unusual & deeply distressing for Māori, but because of the risks associated with Covid-19 some tūpāpaku will need to be directly cremated or buried without whānau in attendance and a memorial held down the track. If it is medically safe, and if available in your area, the tūpāpaku may be held until the lockdown is over and a service can proceed.

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