

# #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**



## 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.



## 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.

## 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.

## Adapting our Tikanga

**Keeping true to our tikanga in changing times**



## 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.



## 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.

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

