

# TOI HAUORA KŌRERO O TE WĀ

## Tapu – a hauora approach to COVID-19

The public health response to COVID-19 has centred on reducing physical contact and implementing hygiene practices to reduce spread of infection. Tapu is another way that we can understand and implement healthful practices. The infectious nature of the virus means that tapu is elevated for everyone, everywhere. Healthful practices help to protect your tapu and prevent contamination with others' tapu.

Some people, such as those with a compromised immune system, are more at risk and are therefore more tapu than others, for example those who are hapū, very young babies, elderly, and those with pre-existing conditions. This added elevation in tapu requires additional cautionary behaviour such as not being put at unnecessary risk of infection and self-isolation. If you are not vulnerable, you can still be a carrier and transmit the virus to the vulnerable. While physical distancing is required, maintaining social connections and whanaungatanga are just as important. Regularly check up on and help our kaumatua, those living by themselves, and our single parents.

With the focus on handwashing, other healthful practices for the rest of our tinana might be neglected. It's still important to korikori tinana (physical activity), kai hauora (nutricious eating), and drink wai Māori (keep hydrated). Let's not forget that our tinana is made up of elements from many different atua (primary energy sources) who gifted these parts to Hineahuone (first human form). We still need to maintain balance with all atua in order to maintain hauora (wellbeing). For example, eating is not just for nutrition, it also helps strengthen our connection and balance with atua such as Tānemahuta, Tangaroa, Haumietiketike, Rongomatāne. If you haven't already, being at home could be an opportunity to develop your maara kai so that you can be more self-sufficient, know where your kai comes from, and get outside more in the fresh air.

We will consider how the focus on the respiratory symptoms of COVID-19 can be understood through our connection with Tāwhirimātea, atua of hau, and how to maintain balance in our hauora in the next Toi Hauora Kōrero o te wā.



# Resources about COVID-19

World Health Organisation information about COVID-19 specifically global developments

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

Ministry of Health information and advice about Coronavirus in New Zealand specifically symptoms, prevention, treatment, how it spreads and physical distancing <https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus>

District Health Board's have pandemic plans for each district eg Midcentral DHB's

<http://www.midcentralthb.govt.nz/PatientsandVisitors/GeneralInformation/Pages/Coronavirus.aspx>

Massey University advice specifically about remote teaching and learning [https://www.massey.ac.nz/massey/about-massey/news/advice-on-coronavirus-outbreak/advice-on-coronavirus-outbreak\\_home.cfm](https://www.massey.ac.nz/massey/about-massey/news/advice-on-coronavirus-outbreak/advice-on-coronavirus-outbreak_home.cfm)

Talking to children about COVID-19 including a video by nanogirl explaining the virus

<http://www.education.govt.nz/school/health-safety-and-wellbeing/pastoral-care-and-wellbeing/talking-to-children-about-covid-19-coronavirus/>

Te reo Māori version of the nanogirl lesson plan demonstrating how to wash hands

<https://www.nanogirllive.co.nz/te-reo-coronavirus-lesson-plan?fbclid=IwAR3Tn6zUKVIWHQYi88HI85-x4DdU4rxEYbrnF660mjb3JFfAXPPmhMG5CPA>

Video simulation of Why outbreaks like coronavirus spread exponentially, and how to “flatten the curve”

<https://www.washingtonpost.com/graphics/2020/world/corona-simulator/>

NZ Māori Council guidance on hui, tangi, tikanga, and looking after whānau

<https://www.maorieverywhere.com/covid19>