

Stay healthy this Ramadan

- Maintain a healthy diet and drink plenty of water
- Avoid smoking, junk food, and foods high in sugar content
- Follow food safety measures
- Stay active and sleep well



Stay safe this Ramadan

- Wash your hands often and well
- Wear your mask
- Maintain physical distance
- Practice proper sneezing and coughing etiquette
- Avoid large gatherings and events, especially if you are among high-risk groups or if you're feeling unwell



Keep the spirit of Ramadan alive during COVID-19

- Reflect, improve, pray, share, and care all from a healthy distance
- Offer special prayers for the sick, alongside messages of hope and comfort
- Ensure that family, friends, and elders are still engaged despite physical distancing
- Virtually check up on loved ones by phone or video calls



Find new ways to help others this Ramadan

- Avoid crowded "mercy tables" and consider distributing individual pre-packaged boxes/servings of food
 - Use digital technology for sadaqat or zakah
- The International Islamic Fiqh Academy has ruled that zakat money may be used to procure and deploy COVID-19 vaccines.



There is no evidence to suggest that fasting can increase risk of COVID-19 infection

- Healthy people should be able to fast

- COVID-19 patients or those showing symptoms post infection may consider religious licenses to break their fast in consultation with their doctor



If you are hosting sohour, iftar, or other social events this Ramadan

- Consider hosting virtual gatherings and limit physical attendance to people you already live with
 - Hold smaller events with fewer attendees rather than large gatherings
 - Ensure good ventilation indoors, or use outdoor venues
- Consider measures to facilitate contact tracing in case an ill person is identified among attendees



Encourage healthy practices at mosques and places of worship

- Perform wudu at home when feasible and use personal prayer rugs
- Ensure washing facilities are equipped with soap and water
- Provide alcohol-based hand-rub (at least 80 ethanol or 75% isopropyl alcohol) at entrance and inside mosques
 - Regulate flow of people entering, attending, and leaving from mosques or other venues

- Ensure availability of disposable tissues and bins with disposable liners
- Ensure frequent cleaning of worship spaces and buildings



In settings where movement restrictions are in place, incidents of domestic violence, particularly against women, children, and marginalized people are likely to increase

- Religious leaders can actively speak out against violence and provide support or encourage victims to seek help



If you are offered the COVID-19 vaccine during Ramadan know that

- Prominent fatwa bodies, such as Al Azhar Al Sharif, have ruled that taking the vaccine will not invalidate the fast because it is delivered through injection and not from a natural opening such as the mouth or nose.
- Prominent fatwa bodies such as the International Islamic Fiqh Academy have declared that COVID-19 vaccines are permissible under Shariah law
- Even if you have already been vaccinated, continue taking public health and social measures to protect others from possible transmission.



If a country is offering its people the COVID-19 vaccine during Ramadan

- Prominent fatwa bodies, such as Al Azhar Al Sharif, have ruled that taking the vaccine will not invalidate the fast because it is delivered through injection and not from a natural opening such as the mouth or nose.
- It is encouraged to work with local religious leaders to promote vaccine intake and continue vaccination campaigns without interruption.
- Inform the public that prominent fatwa bodies such as the International Islamic Fiqh Academy have declared that COVID-19 vaccines are permissible under Shariah law, and that fatwa bodies, such as Al Azhar Al Sharif, have ruled that taking the vaccine will not invalidate the fast.



Ramadan messages from the Region

Related link

Eat healthy and be active in Ramadan

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