Ramadan 2023: Safety and Wellness Calendar

DAY DATE SUHOOR IFTAR 1 22-Mar-23				
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TIP 1

Show generosity towards everyone! Though the public health emergency will be ending, COVID and other airborne illnesses like the flu are still a concern. Practice safe gatherings for important community occasions, such as prayer and iftar dinner.

TIP 2

Check for cold and flu symptoms and test yourself and your family for COVID-19 before large gatherings and travel, especially if you have been in contact with someone who has symptoms or if you have symptoms.

TIP 3

Get vaccinated. The best way to protect yourself and your loved ones is to make sure you are vaccinated, including against COVID-19. Fully vaccinated against COVID-19? Get the booster dose for greater protection.

Observant Muslims wondering about vaccination in relation to hadiths (sayings of the Prophet Muhammad), may find this passage helpful:

"They (the desert Arabs) asked: 'Messenger of Allah, should we make use of medical treatment?' He replied: 'Make use of medical treatment, for Allah has not made a disease without appointing a remedy for it, with the exception of one disease, namely old age.'"

-Sunan Abi Dawud, narrated by Usamah ibn Sharik



