

# Ramadan 2023: Safety and Wellness Checklist

**Ramadan Mubarak!** This year feels especially blessed as we fast and celebrate at the end of the COVID-19 public health emergency.

Though the public health emergency will end on May 11th, we should remain cautious of COVID-19 and other airborne illnesses, such as the flu, and should practice the same community wellness behaviors from previous years. Islam advises that we have a duty to keep ourselves, our loved ones, and communities safe. Our vulnerable community members, including the elderly, young children, and those with weakened immune systems, are relying on us.

Here is a checklist for your Ramadan preparation. Please practice safety and wellness by referring to these items as you gather with your brothers and sisters this Ramadan. This way, we protect everyone around and can fully enjoy this Holy Month and Eid with good health.

## GET A COVID-19 TEST

- ★ Meeting with people inside or outside of your home for Iftar? Going to the mosque? Get tested! Especially if you're experiencing symptoms or have been around someone with the virus.
- ★ If you have insurance, including Medicaid, you can get free COVID-19 tests each month at most pharmacies. You can also order free at-home test kits at [covidtests.gov](https://www.covidtests.gov). You should order them now as they may not be free after the public health emergency ends.

## GET VACCINATED

- ★ Reduce the chance of getting yourself and others very sick by scheduling your vaccines. It often takes several weeks for vaccines to be fully effective, so the sooner you get vaccinated the better.
- ★ Fully vaccinated against COVID-19? Get the booster dose for greater protection. Make sure you are up-to-date on other vaccinations as well.

## TRAVEL SAFE

- ★ Travelling for Eid? Test before you go to protect your loved ones.
- ★ Wear a mask on public transportation like a plane, train, or bus, and in high traffic areas such as airports.
- ★ For international travel, make sure you understand international testing requirements prior to travelling.

## PRACTICE SAFE MOSQUE GATHERINGS FOR RAMADAN AND EID

- ★ Consider wearing a mask, especially for those ages two and older.
- ★ Practice the social distancing and general wellness guidelines of your mosque.
- ★ If possible, bring your own prayer rug. If you are comfortable doing so, consider wearing your mask during prayers.
- ★ Make wudu at home. If making wudu at the mosque, you may want to use hand sanitizer afterwards.
- ★ If there is a flu or cold virus circulating in your area, consider praying at home.

## STAY HOME WHEN SICK

- ★ Rest and stay at home if you are feeling sick, whether it is COVID-19, the flu, or a cold.

## CELEBRATE EID FESTIVITIES OUTSIDE

- ★ Schedule an outdoor space for Eid, as the fresh air provides better protection.
- ★ Remain masked if in a crowded space, even outdoors.
- ★ Maintain standard sanitation practices, such as washing hands and using hand sanitizer.