

Tips for Staff on Ramadan during Covid-19

Ramadan this year will be quite different for families due to social distancing in place for Covid-19. There are some simple things we can do to help ourselves have a healthy Ramadan.

1 Stay Home, Stay Safe

- Pray at home, practice social distancing, only household members should pray together.
- This will help protect the most vulnerable members of the household, including grandparents and those with long-term conditions like diabetes, heart disease etc.



2 Keep Connected

- Many will miss connecting with family and friends during this Ramadan, but people can stay connected in different social media platforms, like WhatsApp etc.
- Many community groups are also using live streaming services hosting virtual *iftaar* using Zoom/Skype or setting up community radio stations.



3 Hygiene

- Regularly wash hands with soap for at least 20 seconds and each time you do *wudu*/ablution.
- Avoid sharing prayer mats, even at home
- At work, make sure that any common prayer or quiet room is regularly cleaned.



4 Healthy Ramadan

- Avoid foods that are high in sugar and/or deep-fried.
- Substitute with foods that are high in fibre and are baked.
- Remember to drink lots of water during non-fasting hours
- The exemptions from fasting for individuals feeling unwell due to COVID-19 symptoms are similar for feeling unwell from any illness.



5 Volunteer / Donate

- Volunteering is a beneficial and productive form of *sadaqa*, or helping give to those in need.
- Support local volunteer schemes.
- Many mosques are collecting funds to deliver hot *iftaar* to needy families, contact local mosques for any local schemes.



6 Mental Health

- Ramadan is a great time to reflect, try some free mindfulness techniques at www.headspace.com.
- Every Mind Matters (www.nhs.uk/oneyou/every-mind-matters) has tips and tools for looking after one's wellbeing.
- Muslim Women's Network (www.mwnhelpline.co.uk) run a helpline offering faith and culturally sensitive advice and support.



7 Think About Others

- Avoid hoarding/panic-buying, especially during Ramadan.
- If you own a business, keep your prices realistic.
- Don't share fake news until you verify it from official sources.



8 Take the Opportunity to Quit Smoking

- Ramadan is a perfect opportunity to quit smoking, as you cannot smoke whilst fasting
- People who smoke are at a higher risk for Covid-19
- You can access free support to quit smoking from breasthestopsmoking.org

