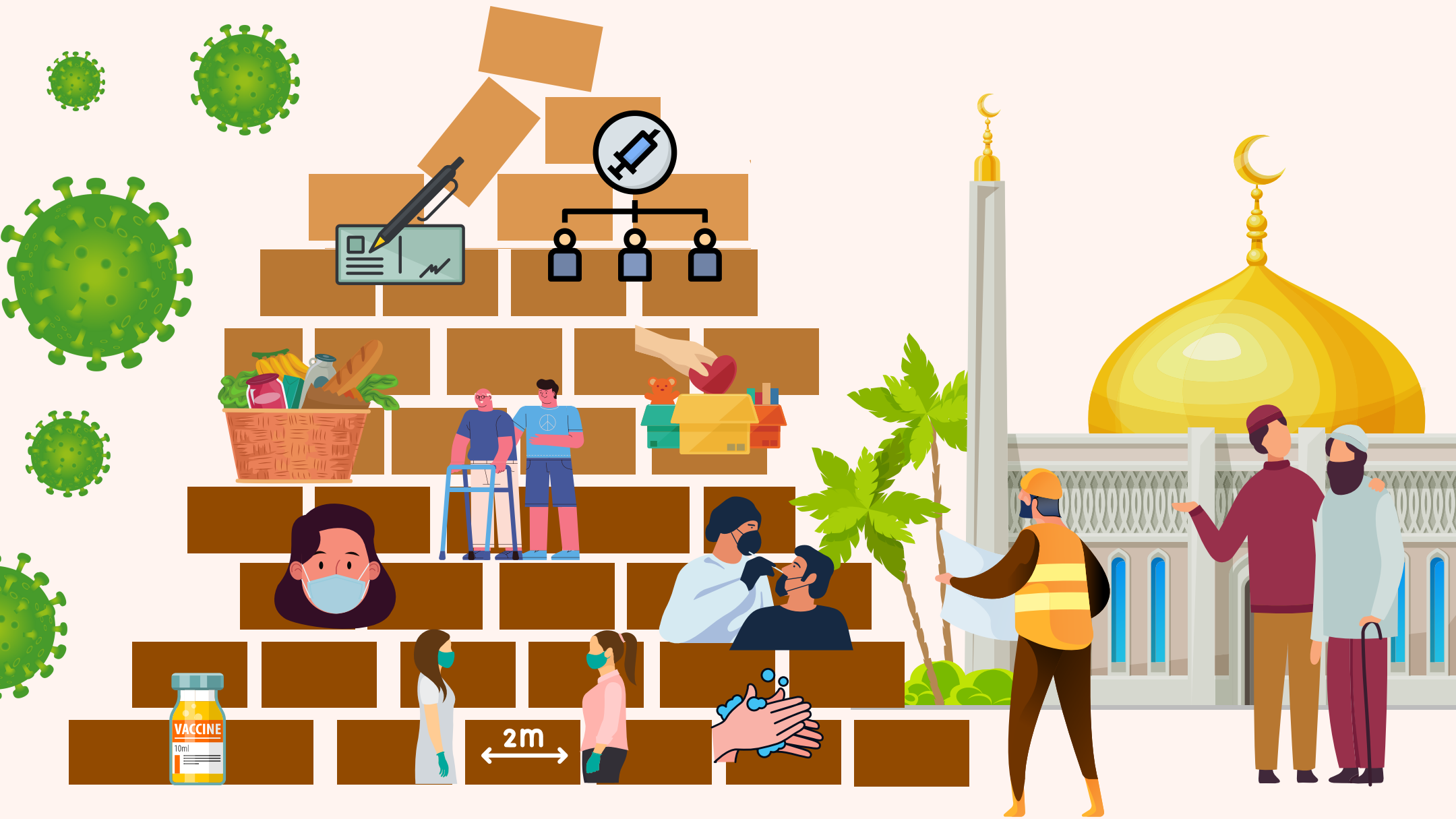


إِنَّ الْمُؤْمِنَ لِلْمُؤْمِنِ كَالْبُنْيَانِ، يَشُدُّ بَعْضُهُ بَعْضًا

A FAITHFUL BELIEVER TO A FAITHFUL BELIEVER ARE LIKE THE BRICKS OF A WALL, ENFORCING EACH OTHER

[SAHIH BUKHARI 481]

# LET'S BUILD A COMMUNITY THAT CARES



RAMADAN & THE COVID-19 PANDEMIC. YOUR QUESTIONS, ANSWERED.



CMCTF

CANADIAN MUSLIM COVID-19 TASK FORCE

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# RAMADAN & THE COVID-19 PANDEMIC

## THIS RAMADAN, AS A CANADIAN MUSLIM I WILL LEAD BY EXAMPLE BY:

- 1 Following all of my region's public health rules**
- 2 Staying virtually connected with and helping my neighbours, friends and extended family access supports**
- 3 Visiting only 1 local mosque and following its rules**
- 4 Staying at home, getting tested and telling others if I've been exposed or diagnosed with COVID-19**
- 5 Getting the COVID-19 vaccine as soon as it is my turn**
- 6 Installing the official COVID-19 Alert App**
- 7 Donating to a local charity, food bank and masjid**

# RAMADAN & THE COVID-19 PANDEMIC

## DOES HAVING A COVID-19 TEST BREAK MY FAST?



**NO**



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# RAMADAN & THE COVID-19 PANDEMIC

## DOES GETTING A COVID-19 VACCINE BREAK MY FAST?



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# RAMADAN & THE COVID-19 PANDEMIC

## IF I HAVE COVID-19, DO I HAVE TO BREAK MY FAST?

**With COVID-19, symptoms can vary. Some may be able to fast, while others may find fasting more challenging.**

**If fasting will worsen your illness, delay your recovery, or if you need to take medications urgently, an exemption to the fast can be made. Missed fasts must be made up later.**

**Consult your doctor if you are unsure whether fasting is safe for you, or your Imam if you are unsure about exemptions.**

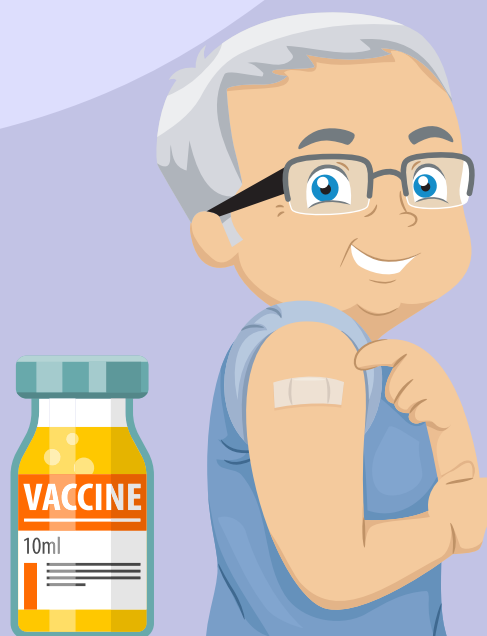


# RAMADAN & THE COVID-19 PANDEMIC

## IF I EXPERIENCE SIDE EFFECTS AFTER THE VACCINE, SHOULD I BREAK MY FAST?

**No. The vast majority will be able to receive the vaccine and have minimal or no side effects, whether fasting or not.**

**If you feel your condition will worsen if you keep your fast, then it is permissible to break it.**



# RAMADAN & THE COVID-19 PANDEMIC

## SHOULD I DELAY MY VACCINE APPOINTMENT UNTIL AFTER IFTAAR OR RAMADAN?

**As long as you are feeling well, there is no medical or religious reason to delay a vaccine appointment while fasting.**



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# RAMADAN & THE COVID-19 PANDEMIC

## CAN WE HAVE IFTAAR WITH OUR EXTENDED FAMILY?

Depending on your region, community gatherings with those who do not live with you may not be allowed.

Please check and follow regional public health guidance on what is permissible for social gatherings.



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# RAMADAN & THE COVID-19 PANDEMIC

**MANY OF OUR EXTENDED FAMILY MEMBERS  
HAVE HAD ONE DOSE OF THE VACCINE.  
CAN WE SAFELY MEET FOR IFTAAR?**

**No. Full protection from vaccines currently being  
distributed in Canada is not achieved until at  
least 2 weeks after the second dose.**



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# RAMADAN & THE COVID-19 PANDEMIC

## WHY ARE SOCIAL GATHERINGS INCLUDING IFTAAR PARTIES NOT A GOOD IDEA?

- 1** Many Canadian regions are experiencing a 3rd wave, and we could unknowingly make our loved ones sick
- 2** There are virus variants in our communities that spread more easily, even when we're being careful, and that can make us a lot sicker
- 3** Spread through community gatherings could force changes to our region's COVID-19 phase or zone
- 4** Our actions in the community over the next several weeks may jeopardize our and others' ability to pray at the masjid, especially in the last 10 days of Ramadan
- 5** We may cause negative perceptions of Muslims
- 6** In some regions, gatherings with those outside our household may be against the law and result in fines



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