Ramadan 2022: Safety and Wellness Checklist

Ramadan Mubarak! We wish you a blessed month, despite hardships from COVID-19. Just as the Islamic faith advises, we have a duty to keep ourselves, our loved ones, and communities safe, and this is especially true during Ramadan as we continue to address the pandemic. 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 consider practicing 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 with good health.

GET A COVID-19 TEST

* Meeting with people outside of your home for Iftar dinner or going to the mosque? Get tested. Especially if you're experiencing symptoms or have been around someone with the virus.

* Visit a local testing site, like a pharmacy or community center, or order free at-home testing kits ahead of time at **covidtests.gov.**

GET VACCINATED

* Reduce the chance of spreading COVID-19 or getting very sick by scheduling your vaccine. The vaccine series takes time, so the sooner you get started the better.

* Fully vaccinated? Get the booster dose for greater protection.

STAY HOME WHEN SICK

* Rest and stay at home if you get sick.

* If you have questions, please ask a medical professional, like a doctor or nurse.

PRACTICE SAFE MOSQUE GATHERINGS FOR RAMADAN AND EID

* Wear a mask (for those ages two and older).

* Practice social distancing.

* If possible, bring your own prayer rug.

* Make wudu at home before gathering in a larger crowd at the mosque.

TRAVEL SAFE

* For international travel, check vaccination or testing requirements. You need a negative COVID-19 test result to enter the U.S.

* If you are traveling in the U.S. and get sick, get tested.

EID FESTIVITIES: CELEBRATE OUTSIDE

* Schedule an outdoor space for Eid, as the fresh air provides better protection.