

# Ramadan 2023: Safety and Wellness Calendar

DAY	DATE	SUHOOR	IFTAR
1	22-Mar-23		
2	23-Mar-23		
3	24-Mar-23		
4	25-Mar-23		
5	26-Mar-23		
6	27-Mar-23		
7	28-Mar-23		
8	29-Mar-23		
9	30-Mar-23		
10	31-Mar-23		
11	01-Apr-23		
12	02-Apr-23		
13	03-Apr-23		
14	04-Apr-23		
15	05-Apr-23		
16	06-Apr-23		
17	07-Apr-23		
18	08-Apr-23		
19	09-Apr-23		
20	10-Apr-23		
21	11-Apr-23		
22	12-Apr-23		
23	13-Apr-23		
24	14-Apr-23		
25	15-Apr-23		
26	16-Apr-23		
27	17-Apr-23		
28	18-Apr-23		
29	19-Apr-23		
30	20-Apr-23		
31	21-Apr-23		

## 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