Assalam Ualaikum,

Ramadan is a time of family, food, dinner parties and friends. It’s a time we get excited for what we’re having in Iftari and what we’re going to wear for Eid. It’s usually a busy time full of things to do and people to see.

However, this year’s Ramadan will be a different for us all because of Coronavirus; we’re being asked to stay at home & not to go to mosques for prayers nor to Iftari parties. This is important because it will help protect ourselves, our loved ones and our communities. So this year we’re asking you to take this as a great opportunity to focus on the self-reflection, discipline, charity and helping those around us.

1. When you go shopping, keep 4 steps away (2 metres) from the people around you – you can catch the virus by touching an unclean surface or if someone accidentally coughs or sneezes on/near you. Try to plan your meals in advance so you only need to go shopping once – this will limit the time you spend outside in shops
2. Virtual Iftaris – Try to arrange regular virtual iftaris with your family and friends through whatsapp, zoom, skype etc. This will help to stay in touch with loved ones and keep the spirits high during Ramadan.
3. It’s a great time to organise taraweeh with your family at home.
4. If you feel unwell during Ramadan it is okay to open your fast early – your health is important.
5. Remember, if you’re unwell you can contact your GP on the phone to make a telephone appointment with them and discuss your symptoms. If you have symptoms of Coronavirus (a high temperature and/or a new persistent dry cough) you should call 111 to speak to NHS 111. They will ask about your symptoms and tell you what to do.
6. Make sure you get fresh air whilst you fast. Even though we’re social distancing you can still go for a walk nearby once a day on your own or with the people who live in your home. Remember to keep 2 metres away from other people.
7. If there is someone you know who you can provide food for, you can take it to their home but do not enter their home, leave it at their doorstep.
8. During this time you can even make food for those in need and contact your local covid-19 mutual aid group or a foodbank to make food donations.
9. If you feel alone reach out to your family or friends who would love a call. Or get in touch with the community hub on: 0800 234 6123

Why are we saying social distancing will make a difference? Symptoms of the virus include difficulties in breathing, high fever, coughing and in some cases pneumonia or worse. We have sadly seen many people die because of Coronavirus and it can affect anyone. In some cases people have no symptoms but can spread the virus to others – which is why it’s best we stay at home.