

The holy month of Ramadan is just around the corner, and many of you may have already started preparing. We prepare both physically and mentally. This year, the whole world is affected by the novel coronavirus COVID-19, meaning the holy month of Ramadan must be prepared for and practised in line with certain medical advice, in order to reduce the risk of transmission – and to maintain good health.

Below you will find some necessary, basic rules that it is important for everyone to adhere to:

- If you are healthy, you can fast as normal
- If you are ill, you are advised not to fast. Avoid socialising and comply with the health authorities' infection prevention and control rules
- If you become ill during the fast, contact your GP immediately, and if necessary, stop fasting. Islam permits people who are ill not to fast. Make up the days you could not fast after Ramadan
- At iftaar (breaking the fast), avoid large gatherings with more than five people from outside the family and stay at home as much as possible
- Avoid “rush hours” when buying food
- Keep a distance of 2 metres from other people when praying
- Taraweeh (evening prayer) must be prayed at home, as mosques are still closed due to the risk of infection

This will be challenging and require a considerable effort from all of us, but if we all do our part, we will manage, inshAllah. It is extremely important to make these changes and respect the authorities' infection prevention and control rules when fasting this year.

We would also refer you to [our special Ramadan diet page](#) with tips and advice on staying healthy during Ramadan and to the general health advice from the public health authorities at <https://helsenorge.no/sok#k=ramadan>.

Take good care of yourselves and those around you.

Ramadan kareem!