

# RAMADAN 2020 / 1441

## COVID-19 / CORONAVIRUS

Please remain at home and do not attend congregations

Use this time to improve your health by eating sensibly and NOT overeating

### Need to contact a GP?

Speak to your practice to arrange a telephone or video consultation or visit your practice website to do an online consultation

You can now order your repeat prescriptions online – download the NHS App to find out more

### Are you worried about fasting?

Consult with your GP to get advice. If you take medication, you may want to ask about adjusting the dose or if you need to take them at different times

### Stay At Home

You can pray at home and build your spiritual connections with your family, pray and eat together

Things that do NOT break the fast

- Injections (intravenous, intramuscular or subcutaneous)
- Bloods taken (thumb prick or intravenous)
- Eye / ear drops or inhalers
- Eating and drinking out of forgetfulness

The following do NOT have to fast:

- All those who are ill (physical or mental illness) or frail
- Pregnant and menstruating women
- Lactating women who have concerns about their own, or their child's health
- Insulin treated diabetics
- Travellers

Ramadan 1440	Day	Apr/May 2020	Fajr Fast Begins	Sunrise	Zuhr Begins	Asr Begins	Maghrib Fast Ends	Isha Begins
1 *☾	Fri	24	4:07	5:42	1:04	5:58	8:16	9:29
2	Sat	25	4:05	5:40	1:03	5:59	8:18	9:31
3	Sun	26	4:03	5:38	1:03	6:00	8:19	9:31
4	Mon	27	4:00	5:36	1:03	6:01	8:21	9:33
5	Tue	28	3:58	5:34	1:03	6:02	8:23	9:35
6	Wed	29	3:57	5:33	1:03	6:03	8:24	9:35
7	Thu	30	3:54	5:31	1:03	6:04	8:26	9:37
8	Fri	1	3:51	5:29	1:03	6:05	8:28	9:39
9	Sat	2	3:49	5:27	1:02	6:06	8:29	9:40
10	Sun	3	3:46	5:25	1:02	6:07	8:31	9:42
11	Mon	4	3:44	5:23	1:02	6:08	8:32	9:43
12	Tue	5	3:41	5:21	1:02	6:09	8:34	9:45
13	Wed	6	3:40	5:20	1:02	6:10	8:36	9:47
14	Thu	7	3:37	5:18	1:02	6:11	8:37	9:48
15	Fri	8	3:35	5:16	1:02	6:12	8:39	9:50
16	Sat	9	3:33	5:15	1:02	6:13	8:40	9:51
17	Sun	10	3:31	5:13	1:02	6:14	8:42	9:53
18	Mon	11	3:28	5:11	1:02	6:15	8:43	9:54
19	Tue	12	3:27	5:10	1:02	6:16	8:45	9:56
20	Wed	13	3:24	5:08	1:02	6:17	8:47	9:57
21	Thu	14	3:23	5:07	1:02	6:18	8:48	9:58
22	Fri	15	3:20	5:05	1:02	6:19	8:50	10:00
23	Sat	16	3:19	5:04	1:02	6:19	8:51	10:02
24	Sun	17	3:16	5:02	1:02	6:20	8:53	10:04
25	Mon	18	3:15	5:01	1:02	6:21	8:54	10:05
26	Tue	19	3:13	5:00	1:02	6:22	8:55	10:07
27	Wed	20	3:11	4:58	1:02	6:23	8:57	10:09
28	Thu	21	3:09	4:57	1:02	6:24	8:58	10:10
29	Fri	22	3:08	4:56	1:02	6:24	9:00	10:13
30 *☾	Sat	23	3:06	4:55	1:02	6:25	9:01	10:14

\*☾ The beginning and end of Ramadan are subject to the sighting of the Moon – Timings based on the London Unified Prayer Timetable

Suhoor (Pre-Dawn Meal)		Iftar (Evening Meal)	
HAVE THESE!	INSTEAD OF THESE!	HAVE THESE!	INSTEAD OF THESE!
Plain Water	Tea, Coffee, Fizzy drinks	Plain Water. Coconut Water	Tea, Coffee, Fizzy drinks
Oats (eg porridge)	Sugary cereals	Vegetables	Fried samosas / pakoras
Protein (eg eggs)	Fried or oily foods	Protein (eg meat, fish, lentils)	Pizza / Fried Chicken / Chips
Dates	Sugary sweets or chocolates	Dates	Sugary sweets or chocolates
Fruit	Biscuits	Couscous / brown rice	Rice / Bread
Brown rice / bread	Pasta	Fruit	Biscuits
Water (again!)	Dehydrating!	Water (again!)	Overeating!

**Suhoor**, the pre-dawn meal, should be a wholesome, moderate meal that is filling and provides enough energy for many hours. It is therefore particularly important to include slowly-digesting foods in the Suhoor.

**Iftar** is the evening meal which breaks the day's fast. Dates will provide a refreshing burst of much needed energy. The meal should remain a meal and not become a feast!

**“Eat of the good and wholesome things that We have provided for your sustenance, but indulge in no excess therein.” Qur’ān (20:81)**