Observe and Celebrate Ramadan Safer During COVID-19

Plans to gather at households, mosques, and cultural malls for prayer and to break fast are taking place once again. Gathering safer during the COVID-19 pandemic is possible this year because of the availability of vaccinations, masking, testing, and more. These actions offer layers of protection against COVID-19 infection.

Ways to protect yourself and your community from COVID-19 infection:

- **Get vaccinated.** Make sure you are up to date on your COVID-19 vaccinations, including your booster shot. Getting the COVID-19 vaccine will not invalidate your fast as it is not considered food or drink. If possible, know the vaccination status of people at the gathering.

- **Wear a mask when recommended or required.** If you are in an area with a high COVID-19 community level, wear a mask in public indoor settings. You may choose to wear a mask at any time. Some businesses, organizations, or places of worship may still ask people to wear masks. People at higher risk for severe disease may want to wear a mask more often.

- **Wash your hands often.** If soap and water are not available, use hand sanitizer that is at least 60% alcohol.

- **Gather in places with good air flow or ventilation.** This could be outdoor spaces and places with fresh air flow or higher quality ventilation.

- **Stay home if you are feeling sick or test positive.** If you have symptoms, be sure to get tested as soon as possible.

Feeling sick? Be sure to follow public health recommendations about:

- How long to stay home and away from others.

- When to wear a mask and what type of mask to wear.

- When to contact your health care provider about testing and/or treatment.

- Find more information at Protect Yourself & Others: COVID-19 (www.health.state.mn.us/diseases/coronavirus/prevention.html).

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