

Coronavirus (COVID-19) and Social Connections During Ramadan

1) Stay home!!!

- Due to Stay at Home Orders - **Mosques are closed** - Prayers can be done at home instead
- Limit outing to essential needs only
 - Groceries
 - Medication
 - COVID-19 testing clinic
 - Emergency hospital visit
 - Vulnerable community member food or medication drop-offs (eg. The sick, the elderly, those with young children or babies, etc.)



2) Prevent the spread

- Wash hands often, with soap and water when possible or use alcohol-based hand sanitizer
- Cough or sneeze into a tissue or your elbow
- Avoid touching your eyes, nose, and mouth with unwashed hands
- Put distance between yourself and other people (at least 6 feet or 2 meters)
- Stay home and follow the instructions of your public health authority
- If you must go out, wear a mask (reusable cloth mask is great) or fabric face covering (cover both mouth and nose completely)



3) Respond with community care

- Call to check in on your elderly relatives, and parents with young children or babies to see if they need support
- Call to check in on your neighbours or put a note with your phone number on their front door so they can reach out for help or supplies in case they need it
- If you identify a relative, friend or neighbour **in need**:
 - If you are well and able, offer to deliver groceries, medication, or other essential supplies to them



- Drop off deliveries OUTSIDE their apartment/condo/house
- DO NOT go inside their apartment/condo/house
- DO NOT make physical contact with them, even if you are well (eg. NO hugs, NO kisses, NO handshakes, etc.)
- Call them AFTER you have dropped off the delivery to make sure they pick it up in a timely manner



- If you are unwell or unable to help them directly, try to arrange for a healthy person to deliver groceries, medication or essential supplies to them
 - If you are able to arrange a delivery, ask them to follow the same drop off guidelines above

4) Bring mercy to humanity

- Recognize the vast disparity of wealth in our own communities and around the world
- Send your support digitally to strengthen emergency response efforts both locally and globally
- Reflect on how your positive actions can impact humanity at large



5) Use your skills (contact TNO The Neighbourhood Organization for these and other volunteer opportunities)

- If you are a sewer, get involved in making cloth masks for hospitals and community members
- If you are a cook or baker, offer to make extra food to be delivered to people who can't make food for themselves
- If you have a car, taxi, truck or van offer to help with grocery delivery services

Coronavirus (COVID-19) and Healthy Living During Ramadan

1) When Shopping - Buy what you really need

- Think of others who may need the same things you're stocking up on and leave some for them
- Remind each other that there is no barakah in bringing benefit to ourselves while harming others
- **Remember you are shopping for your household and those in need only.**
- DO NOT plan to drop off food or Iftar goodies to relatives, friends or neighbours who are well, even if that is something you have done in the past during Ramadan
- Prepare as much food as your household needs (not much more) to avoid wasting it



Iftar at home

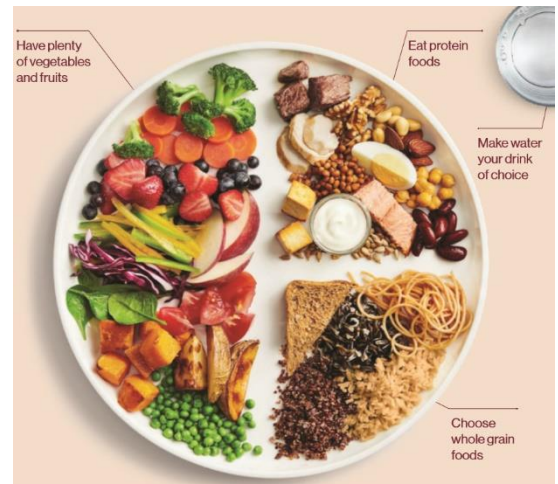
2) Talk to your healthcare team if you are pregnant, have diabetes or take medications

- There are some times when it is more harmful for you to fast. Consider not fasting if the risk of harm is high
- Stopping or changing medication or insulin suddenly can be very harmful
 - Understand the risks and plan accordingly
 - Know the signs of low and dangerously high blood sugar levels and how to treat them
 - Signs of low blood sugar include: shaking, dizziness, headache, confusion and blurred vision
 - Stop the fast and treat the low blood sugar with ½ cup juice OR 1 tablespoon of honey or sugar
 - Call 911 if you have dangerously high blood sugar levels or other health emergencies



3) Eat Well

- During Iftar and Suhoor, eat more nutritious foods and snacks to build and maintain your immune system
 - Vegetables and fruits, whole grain food and protein food should all be included
 - Fresh, frozen, canned and dried whole food can all be healthy options
 - Look for low sodium or no added salt canned vegetables and rinse before using
 - Look for no added sugar canned fruit and rinse before using
 - Limit food that is high in sodium, sugars and saturated fat
 - Limit or avoid deep-fried foods and sweets
 - Have healthy meals and snacks for children and others who are sick or unable to fast



4) Stay Hydrated



- Drink at least 8 cups of water between Iftar and Suhoor
 - Aim for 1 cup of water per hour during non-fasting times
 - Include soups (or Haleem) and other high liquid foods
 - Limit or avoid sugar sweetened drinks, juices and caffeinated beverages like coffee and tea

5) Be Active

- Find activities that you can do in your home like YouTube, Facebook or TikTok exercise videos, virtual classes or dance parties



6) Rest

- Plan family rest times during the day, especially if you have young children at home who will not be fasting