

Observe Ramadan Safer

4/5/2021



You can get your COVID-19 vaccine while fasting.

The COVID-19 vaccine is not considered food or drink, and Muslim scholars agree that it will not invalidate your fast. If you feel side effects, you are allowed to break your fast to take care of yourself.

All COVID-19 vaccines are safe and effective. The COVID-19 vaccines do not contain pork products, gelatin, animal products, or the live COVID-19 virus. The best vaccine is the one you can get first. Sign up for the [Vaccine Connector](https://mn.gov/covid19/vaccine/connector/index.jsp) at (<https://mn.gov/covid19/vaccine/connector/index.jsp>)

Do not gather in large groups.

COVID-19 spreads more easily in large groups. If you gather with others, wear masks and stay 6 feet apart from people you do not live with. Try to limit your contact with others if you gather for Ramadan prayer and breaking the fast.

Get tested every 1-2 weeks.

Visit a COVID-19 community testing site or get tested through your local pharmacy, hospital, or clinic. You can also order an at-home test kit. All options are quick, easy, and no cost to you. [COVID-19 Testing](http://www.health.state.mn.us/diseases/coronavirus/testsites/index.html) (www.health.state.mn.us/diseases/coronavirus/testsites/index.html).

Stay home if you feel sick.

If you or anyone in your household has cold or flu-like symptoms, stay home. Celebrate and connect with others by phone, text, video chat, or notes so you don't spread COVID-19 to others.



Wear a mask.



Wash your hands.



Stay 6 feet from others.



Stay home if you feel sick.



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Contact health.communications@state.mn.us to request an alternate format.