

# HEALTH ADVICE FOR RAMADAN



Ramadan is a special month of the year for all Muslims. It is a time for reflection, devotion to worship, and self-sacrifice.

## **Who is expected to fast?**

Generally, all Muslims are expected to fast. However, the chronically ill, mentally challenged or the elderly who are physically weak or ill, women who are pregnant, breast-feeding or menstruating, as well as people who are experiencing short term illness are exempt from fasting.

As Ramadan occurs at different times from year to year, people should be aware of warm weather conditions during the summer months, or unpredictable conditions during winter and spring.

In order to prevent any event of dehydration or dizziness, people should consider the following:

### **Heat**

If fasting takes place during summer, or the forecast predicts warm or hot days during late winter or spring, consider staying out of the sun. If you feel hot and dizzy, lie down and put a cool, wet towel on your forehead.

### **Clothing**

In hot weather, consider staying indoors, or wearing light-coloured clothing and cooler fabrics. If possible, decrease layers of clothing.

### **Medications**

If you are taking regular medication, it is important to confer with your GP if you intend to delay some of your doses whilst fasting.

### **Listen to your body**

Fasting is a greatly beneficial act of spirituality. Do your best to look after yourself with sensible measures while you are fasting, and listen to your body if you are feeling unwell.

**Visit [www.ramadan.com.au](http://www.ramadan.com.au) for further information**