



# Ramadan Mubarak

## Wishing you a safe and peaceful Ramadan

### Continue to practice COVID safe behaviours

Gather with friends and family outdoors if possible to protect yourself and loved ones. If gathering indoors, choose large well-ventilated spaces.

Make sure you follow the rules about how many visitors you can have at your home and how many people can gather in an outdoor public place.

If you go to a place of worship, wear a mask if unable to physical distance.

Don't hug or kiss people who are not from the same household as you.

Physically distance where you can. If you cannot stay 1.5 meters distance away from anyone you don't live with, wear a mask

Don't share utensils and foods.

Wash your hands regularly.

### COVID-19 testing is free, quick and easy

If you have a fever, sore throat, cough, runny nose, shortness of breath or loss of taste or smell, please get tested for COVID-19 immediately.

Stay home until you get a negative test result, even if you are feeling better. This is to keep your loved ones, friends and colleagues safe.

There is no limit to the number of tests you can have at COVID-19 testing clinics. In NSW, most people receive their test results within 24 hours.

### Vaccination is safe, effective and free

You are strongly recommended to get vaccinated as soon as it is your turn.

When you get vaccinated, you are helping to protect yourself, your family and the whole community.

The Australian National Imams Council (ANIC) confirms the COVID-19 vaccines are halal and permissible according to Islamic teaching. They do not contain pork products, gelatin, animal products, or the live COVID-19 virus.

During Ramadan, Muslims can get the COVID-19 vaccine while they are fasting. The vaccine does not have nutritional value and will not invalidate or break the fasting.

ANIC has released a statement: [www.anic.org.au/wp-content/uploads/2021/02/AFC-Coronavirus-COVID-19-Vaccine-Fatwa.pdf](http://www.anic.org.au/wp-content/uploads/2021/02/AFC-Coronavirus-COVID-19-Vaccine-Fatwa.pdf)

***We wish you a joyful end to Ramadan and hope you can safely celebrate Eid-Al-Fitr with your loved ones.***

### If you have questions and need support:

- Call **1800 020 080** (24/7) for health questions or to check symptoms.
- Call **13 77 88** (24/7) for non-health related questions.
- Call **1800 512 348** (24/7) for mental wellbeing support.
- For a free telephone interpreter, please contact TIS National on **131 450** and say the language you need. You can then ask the interpreter to connect you to the number you wish to contact
- Visit [www.healthdirect.gov.au](http://www.healthdirect.gov.au) to check symptoms.
- Visit [www.nsw.gov.au/covid-19](http://www.nsw.gov.au/covid-19) for all other COVID-19 related information.
- Visit [www.health.gov.au/initiatives-and-programs/covid-19-vaccines](http://www.health.gov.au/initiatives-and-programs/covid-19-vaccines) -Australian Government COVID-19 vaccine information hub with information available in 63 languages.

