

COVID-19

How to spend Ramadan safely?



Protect yourself and others.
Celebrate Ramadan at home.



Keep in touch with family
and friends digitally.



Share the important moments
with those you live with.

Spend Ramadan safely with your family:

- Celebrate Ramadan at home and take part in your mosque's remote events.
- Instead of visiting, call or send a video greeting to your loved ones. This is how you can take care of yourself and your loved ones.
- Share the Iftar meal only with those that you live with. Spend the Tarawih prayer and the spiritual Itikaf retreat also only with those you live with.
- Remember to wear a mask and maintain safety distances of over two metres if you go to places with other people.
- Get tested immediately if you start experiencing symptoms that could be caused by a coronavirus infection.

Read more: thl.fi/coronavirus