

RAMADAN 2021 / 1442

COVID-19 / CORONAVIRUS

Remember

HANDS – FACE - SPACE

Use this time to improve your health by eating sensibly and NOT overeating

Need to contact a GP?

Speak to your practice to arrange a telephone or video consultation or visit your practice website to do an online consultation

You can now order your repeat prescriptions online – download the NHS App to find out more

Are you worried about fasting? Consult with your GP to get advice. If you take medication, you may want to ask about adjusting the dose or if you need to take them at different times

Stay At Home

Build your spiritual connections with your immediate family, pray and eat together

Things that do NOT break the fast

- Injections (intravenous, intramuscular or subcutaneous)
- Bloods taken (thumb prick or intravenous)
- Eye / ear drops or inhalers
- Eating and drinking out of forgetfulness

The following do NOT have to fast:

- All those who are ill (physical or mental illness) or frail
- Pregnant and menstruating women
- Lactating women who have concerns about their own, or their child's health
- Insulin treated diabetics
- Travellers

Ramadan 1440	Day	Apr/May 2020	Fajr Fast Begins	Sunrise	Zuhr Begins	Asr Begins	Maghrib Fast Ends	Isha Begins
1 *☾	Tue	13	04:34	06:06	01:06	05:46	07:57	09:12
2	Wed	14	04:32	06:04	01:06	05:47	07:59	09:14
3	Thu	15	04:30	06:02	01:06	05:48	08:01	09:16
4	Fri	16	04:27	05:59	01:05	05:49	08:02	09:17
5	Sat	17	04:25	05:57	01:05	05:50	08:04	09:18
6	Sun	18	04:22	05:55	01:05	05:51	08:06	09:20
7	Mon	19	04:20	05:53	01:05	05:52	08:07	09:21
8	Tue	20	04:18	05:51	01:04	05:54	08:09	09:23
9	Wed	21	04:15	05:49	01:04	05:55	08:11	09:25
10	Thu	22	04:13	05:47	01:04	05:56	08:12	09:26
11	Fri	23	04:11	05:45	01:04	05:57	08:14	09:27
12	Sat	24	04:08	05:43	01:04	05:58	08:16	09:29
13	Sun	25	04:06	05:41	01:03	05:59	08:17	09:30
14	Mon	26	04:04	05:39	01:03	06:00	08:19	09:31
15	Tue	27	04:01	05:37	01:03	06:01	08:21	09:33
16	Wed	28	03:59	05:35	01:03	06:02	08:22	09:34
17	Thu	29	03:57	05:33	01:03	06:03	08:24	09:35
18	Fri	30	03:54	05:31	01:03	06:04	08:25	09:36
19	Sat	1	03:51	05:29	01:03	06:05	08:27	09:38
20	Sun	2	03:49	05:27	01:02	06:06	08:29	09:40
21	Mon	3	03:46	05:25	01:02	06:07	08:30	09:41
22	Tue	4	03:45	05:24	01:02	06:08	08:32	09:43
23	Wed	5	03:42	05:22	01:02	06:09	08:34	09:45
24	Thu	6	03:40	05:20	01:02	06:10	08:35	09:46
25	Fri	7	03:37	05:18	01:02	06:11	08:37	09:48
26	Sat	8	03:36	05:17	01:02	06:12	08:38	09:49
27	Sun	9	03:33	05:15	01:02	06:13	08:40	09:51
28	Mon	10	03:31	05:13	01:02	06:14	08:42	09:53
29	Tue	11	03:29	05:12	01:02	06:15	08:43	09:54
30 *☾	Wed	12	03:27	05:10	01:02	06:16	08:45	09:56

*☾ The beginning and end of Ramadan are subject to the sighting of the Moon – Timings based on the London Unified Prayer Timetable

Suhoor (Pre-Dawn Meal)		Iftar (Evening Meal)	
HAVE THESE!	INSTEAD OF THESE!	HAVE THESE!	INSTEAD OF THESE!
Plain Water	Tea, Coffee, Fizzy drinks	Plain Water. Coconut Water	Tea, Coffee, Fizzy drinks
Oats (eg porridge)	Sugary cereals	Vegetables	Fried samosas / pakoras
Protein (eg eggs)	Fried or oily foods	Protein (eg meat, fish, lentils)	Pizza / Fried Chicken / Chips
Dates	Sugary sweets or chocolates	Dates	Sugary sweets or chocolates
Fruit	Biscuits	Couscous / brown rice	Rice / Bread
Brown rice / bread	Pasta	Fruit	Biscuits
Water (again!)	Dehydrating!	Water (again!)	Overeating!

Suhoor, the pre-dawn meal, should be a wholesome, moderate meal that is filling and provides enough energy for many hours. It is therefore particularly important to include slowly-digesting foods in the Suhoor.

Iftar is the evening meal which breaks the day's fast. Dates will provide a refreshing burst of much needed energy.

The meal should remain a meal and not become a feast!

“Eat of the good and wholesome things that We have provided for your sustenance, but indulge in no excess therein.” Qur’ān (20:81)