

# RAMADAN AND VACCINATION

**Resources and Information  
Package**

## COVID-19 safety and vaccines during Ramadan

Ramadan is around the corner! It is an exciting month of fasting, prayers, and connection with loved ones and fellow community members.

It is important to take precautions to slow the spread of COVID-19 during Ramadan celebrations and activities. Here are recommendations on how you can stay safe during this holy month.

### Vaccinations

- Islamic scholars from the Islamic Association of North America (IANA) have agreed that the COVID-19 vaccines are halal (allowed).
- Islamic scholars have also agreed that taking the COVID-19 vaccine while fasting is permissible and **does not break the fast**.
- The COVID-19 vaccines do not contain pork or any other ingredients that compromise permissibility.
- On March 30, 2021, all Minnesotans age 16 and older are eligible to receive the COVID-19 vaccine. However, it may not be available to you immediately.
- When you get the opportunity, get vaccinated to protect yourselves and your loved ones from COVID-19.

### Testing

- [Get tested](#) if you think you have been exposed to COVID-19 or if you are having symptoms.

### Iftar, prayers and other gatherings

- Follow COVID-19 guidelines when gathering for Iftar, prayers, and social get-togethers.
- Everyone should remember to wear a mask and practice physical distancing when in a public place.
- Indoor gatherings
  - You can have up to 15 people from an unlimited number of households.
  - Stay 6 feet away from people not in your household and wear a mask.
  - If you are fully vaccinated and are gathering indoors with other people who are fully vaccinated, you do not need to wear a mask or distance.
- Outdoor gatherings
  - You can have up to 50 people from an unlimited number of households.
  - Stay 6 feet away from people not in your household.
- Mosque gatherings
  - Places of worship have no limit on the number of people that can gather.
  - Everyone must practice physical distancing and wear a mask.

**For more information about the COVID-19 vaccines, please visit the [City's vaccine website](#).**

**We are all in this together and will get through this pandemic!**

# COVID-19 SAFETY AND VACCINES DURING RAMADAN

Ramadan is around the corner! This is an exciting month of fasting, prayers, and connection with loved ones and fellow community members.  
Remember to stay COVID-19 safe during Ramadan celebrations and activities.

## Vaccines

Islamic scholars from the Islamic Association of North America (IANA) have agreed the COVID-19 vaccines:

- Are halal (*allowed*)
- Can be taken while fasting (*is permissible*) and does not break the fast.

The COVID-19 vaccines do not contain pork or any other ingredients that compromise permissibility.

When you get the opportunity, get vaccinated to protect yourselves and your loved ones from COVID-19.

Follow COVID-19 guidelines when gathering.

### INDOOR GATHERINGS

Can have up to 15 people from an unlimited number of households.

Stay 6 feet away from people not in your household and wear a mask.

Fully vaccinated people can gather indoors without wearing a mask or socially distancing.

### OUTDOOR GATHERINGS

Can have up to 50 people from an unlimited number of households.

Stay 6 feet away from people not in your household.

### MOSQUE GATHERINGS

Places of worship have no limit on the number of people that can gather.

Everyone must:

- Practice physical distancing
- Wear a mask

Get tested if you:

- Think you have been exposed to COVID-19
- Are having symptoms

*We are all in this together and will get through this pandemic.*

**For more information about the COVID-19 vaccines, please visit the City's vaccine website. <https://coronavirus-vaccine-outreach-cityoflakes.hub.arcgis.com/>**

## Iftar, prayers and other gatherings

## COVID-19 testing

# COVID-19 BADBAADADA IYO TALLAALADA BISHA RAMADAN

Ramadan ayaa fooda inagu soo haya. Bishan waa bil xiiso badan. Soon, salaado, iyo xiriir qoysaskeena iyo bulshada muslimiinta ayaa soo socoto. Xusuusnow in aad raacdo talooyinka la xiriira COVID-19 inta lagu jiro dabaaldega Ramadaanka.

## Tallaalda

Culimada iyo Imaamyada jimciyada Islaamiga ah ee (IANA) waxay isku raaceen qaadashada tallaalka COVID-19 in:

- Uu yahay xalaal
- La qaadan karo iyadoo la sooman yahay. Soonka ma jabinayo.

Tallaalada COVID-19 kuma jiraan doofaar ama wax yaabo kale oo wax u dhimaya diinta.

Markaad fursadda hesho, istallaal si aad nafasaddaada iyo kuwa aad jeceshahay uga ilaaliso COVID-19.

Raac tilmaamaha COVID-19 markaad is kugu imaadaan.

### SKU IMAADKA GUDAHA

Waxay yeelan karaan ilaa 15 qof oo ka kala timid qoysas kala duwan.

Kala fogaada 6 feet dadka aan guriga kugu la noolayn afka na xiro.

Dadka si buuxda loo tallaalay way isu imaan karaan ayaga oon afka u xirnayn ama aan kala fogaanaynin.

### ISKU IMAADKA BANAANKA

Waxay yeelan karaan ilaa 50 qof oo ka kala timid qoysas kala duwan.

Kala fogaada 6 feet dadka aan guriga kugu la noolayn afka na xiro.

### ISKUU IMAADKA MASAAJIDADA

Goobaha cibaadada xad ma laha dadka isugu imanaya.

Qof kastaa waa inuu:

- Kala fogaado 6 feet
- Afka xirto

Iska baar COVID-19 haddii aad:

- U malaysid inaad u dhawaatay qof oo qabo COVID-19
- Aad leedahay astaamo

*Dhammaanteen waan ku wada jirnaa arrintaan waana ka gudbi doonnaa cudurkan dhawaan.*

**Hadi aad rabtid macluumaad dheeri ah oo ku saabsan tallaalada COVID-19, fadlan booqo website-ka oo Magaalada iska leh.**

**<https://coronavirus-vaccine-outreach-cityoflakes.hub.arcgis.com/>**

Afur, salaado, iyo isku imaado kale





Baaritaanka  
COVID-19

# Ramadan and Vaccination Talking Points

03/24/2021

Please share these messages widely with your community. Messages can be modified to share on social media channels, websites, and included in communications materials related to COVID-19.

- Minnesotan Imams say you can get your COVID-19 vaccine while you are fasting. It does not have any nutritional value, therefore it will not invalidate or break the fasting.
- The COVID-19 vaccines do not contain pork products, gelatin, animal products, or the live COVID-19 virus.
- When you get your COVID-19 vaccine, you may experience side effects such as pain where you got the shot, feeling achy or tired, or having a headache. Some people may have chills or a fever. It is also okay if you do not have side effects! Each person will have a different reaction to the vaccine and that is okay.
- If you experience side effects from the vaccines, you are allowed to break fast to take care of yourself. Any sick person is exempt from fasting and breaking fasting for a medical reason is permissible. You can break fasting to take care of your health.
- In Minnesota, many of our Imams are getting vaccinated and support vaccination. COVID-19 vaccines are safe and you are encouraged to take it.
- Saving a life is the most important thing, and COVID-19 vaccines will save lives. The COVID-19 vaccines are safe and effective.

 Wear a mask.  Wash your hands.  Stay 6 feet from others.  Stay home if you feel sick.



Minnesota Department of Health | [health.mn.gov](http://health.mn.gov) | 651-201-5000  
625 Robert Street North PO Box 64975, St. Paul, MN 55164-0975

Contact [health.communications@state.mn.us](mailto:health.communications@state.mn.us) to request an alternate format.

# Talaalka COVID-19 iyo Ramadaanka

SIDAAD LA SOCOTAAN RAMADAAN AYAA  
INAGU SOO AADAN, **CULIMADA IYO IMAAMYADA**  
**JIMCIYADA ISLAAMIGA AH EE (IANA)** WAXAY  
**ISKU RAACEEN** QAADASHADA TALAALKA  
COVID-19 IN UU BANNAAN YAHAY OO LA OGOL  
YAHAY. SIDOO KALE, WAXAY CULIMADA **ISKU**  
**RAACEEN TALAALKA COVID-19** IN UUSAN  
**JABINEYNIN SOONKA.**



Faahfaahin dheeriya, nagala soo xiriir:



(612)-874-0665



Info@ianaonline.org

## COVID-19 Vaccination and Ramadan

AS YOU MAY KNOW, RAMADAN IS APPROACHING QUICKLY AND THE SCHOLARS AND IMAMS OF THE ISLAMIC ASSOCIATION OF NORTH AMERICA (IANA) HAVE AGREED THAT TAKING THE COVID-19 VACCINE IS PERMISSIBLE. IT IS ALSO AGREED BY THE SCHOLARS TAKING THE COVID-19 VACCINE DOES NOT BREAK ONE'S FAST.



Further details, contact us:



(612)-874-0665



Info@ianaonline.org



      ianaforall

# Minneapolis Health Department

The City created resources on COVID-19 vaccines and testing for you. Use the resources to answer questions from your community and to provide information. If you have a question that is not answered in any of the resources, give the question to your technical advisor. We will do our best to answer it.

## Vaccination website

The City created a unique website dedicated to COVID-19 vaccines. Use it to find the most up-to-date information and answers to your vaccine questions. The website is updated frequently.

Find information on:

- Minneapolis acknowledging historical trauma
- Information about the vaccines and vaccine safety
- The vaccine rollout and who is currently getting vaccinated
- How to prepare for your vaccination
- How to protect yourself and others from COVID-19

To access the website:

- Direct link: <https://coronavirus-vaccine-outreach-cityoflakes.hub.arcgis.com>
- Visit [www.minneapolismn.gov](http://www.minneapolismn.gov) and click on the COVID-19 resources tile
- Use this QR code (recommended to be added in your printed education materials)



## Testing web page

The City's testing webpage provides information about:

- Date, times and locations of free COVID-19 testing sites
- What to expect when you get a COVID-19 saliva test
- What to do while you wait for your results
- What to do if you test positive
- How to isolate or quarantine



To access the webpage:

- Direct link: <https://www2.minneapolis.gov/government/programs-initiatives/coronavirus/covid-19-testing/>
- Visit [www.minneapolis.gov](http://www.minneapolis.gov) and click on the COVID-19 resources tile
- Use this QR code below (recommended to be added in your printed education materials)



## Community presentations

The Minneapolis Health Department can provide you with a speaker to give a presentation about COVID-19 vaccines to the community you serve.

If you would like a presentation, please fill out the request a community presentation form. We will contact you to schedule the presentation.

- Request a community presentation – English form: <https://app.smartsheet.com/b/form/741ba4a07b5d4f96bde9a9fa9d076da9>
- Request a community presentation – Spanish form: <https://app.smartsheet.com/b/form/e573d74481364c359453d835998d6373>
- Request a community presentation – Somali form: <https://app.smartsheet.com/b/form/e3346466e1394f70ae6b4170bbee2d26>
- Request a community presentation – Hmong form: <https://app.smartsheet.com/b/form/0fb781baf6c048a3a145d5c3d3196f62>

## Let's get Moving Campaign!

Now more than ever, there's an urgent need to promote awareness about the importance of physical activity in the prevention and control of chronic diseases and in maintaining an overall wellbeing. The Minneapolis Health Department launched "Let's Get Moving!", a physical activity campaign that aims at promoting physical activity and the many benefits of embracing an active lifestyle during the current pandemic.

- To access the campaign materials that include printable posters, social media images and video clips, visit: <https://www.dropbox.com/sh/pl47e5my0gco2d0/AADbMY3Nud3n8ePaX2eZ2k2za?dl=0>
- While the current communication resources are available in English and Spanish, other languages can be available upon request through your technical assistance provider.