

Ramadan in times of corona

Information leaflet for Muslim refugees and other immigrants in the Canton of Zurich written on the basis of guidance of the Association of Islamic Organizations in Zurich VIOZ

COVID-19: A new, highly contagious disease, also in Switzerland since 2020

There is a new viral disease. It's called COVID-19.

The new disease is communicable and spreads very quickly.

It takes 5 to 14 days from infection to the outbreak of the disease (a person who still looks and feels healthy may already be sick).

A lot of people get sick, some people die. This is why Switzerland is in an extraordinary situation. That means: There are new and more stringent rules.

Those rules apply to all people in Switzerland and probably also for the fasting month of Ramadan (24 April - 24 May 2020).

General information on religious celebrations in Islam

It is part of the Islamic tradition (Sunnah) to share the breaking of the fast (Iftar) with relatives and friends. It is a duty to take care of fellow human beings and look after their health. For that reason, the following rules currently apply:

- Stay at home if possible. The mosques are closed during the whole month of Ramadan. This is a decision of all the Muslim umbrella organizations in Switzerland. (You can find more information on the website www.vioz.ch)

Health first!

- Who feels sick is freed from fasting. The fasting days can be made up for at a later date.
- For some people, it is particularly dangerous to be infected. All persons older than 65 years and people with the following diseases are part of the risk group:
 - High blood pressure
 - Diabetes
 - Heart and circulatory system diseases
 - Respiratory diseases (asthma)
 - Diseases and therapies that weaken the immune system
 - Cancer

If for health reasons, you are uncertain whether to fast or not, an Imam or the Muslim Spiritual Guidance Zurich will give advice.

Iftar

- The breaking of the fast (Iftar) takes place in the own household.
- It is not allowed for more than 5 persons to gather together. This also applies for religious celebrations and the breaking of the fast (Iftar).
- People must keep a certain distance from each other. 2 meters or more is best. This also applies when only 2 persons are gathering.
- The Iftar can also be sent to family members and friends. That way, the value of the Iftar can be received even without gathering together.

Prayers

- Tarawih prayers can be performed at home within the family.
- The Bayram/Eid prayer will not be performed in the mosques.
- The feast prayer will not be performed in the mosques but at home within the family.

Hygiene

- The bath must be cleaned thoroughly after the ritual washings (Abdest/Wudu).
- Do not embrace anyone.
- Do not shake anyone's hands.
- Wash your hands often.

If you have questions, turn to

VIOZ (info@vioz.ch)

the Muslim Spiritual Guidance Zurich (043 205 21 29).