

رمضان مُبَسَّرَك

**STAY AT HOME,
PRAY AT HOME.**



Stay safe this Ramadan.

Ramadan Mubarak from East Lancashire Hospitals NHS Trust. We hope you are keeping safe and well during this holy month.

Traditionally, alongside spiritual reflection, the month of Ramadan means communal prayer and sharing of food with extended family and friends. However, due to the current unprecedented circumstances, staying at home and following social distancing rules are imperative to saving lives and protecting the NHS.

Keeping you and your loved ones safe, means observing the following:

- **Only break your fast (Iftar) with people in your own household**
- **Only pray Taraweeh and other regular prayers at home**
- **Only go outside for food, health reasons and work (but only if you cannot work from home), maintaining 2 metre social distancing at all times**

Even though this is challenging, we encourage the use of technology such as WhatsApp, FaceTime, MS Teams, to stay connected to friends, family and virtual prayer environments. **For more information [click here](#).**

Have a safe, happy and prosperous Ramadan.