



The Cedars Surgery
wilderness medical centre

HEALTH ADVICE DURING RAMADAN

Ramadan 2020 will take place between 23/24 April & 23/24 May (depending on moon sightings), and will be a very different experience for Muslims this year due to the Covid-19 pandemic.

Health advice we would like to share with your patients includes:

- Stay At Home for Ramadan – Public Health Matter blog
<https://publichealthmatters.blog.gov.uk/2020/04/22/stay-at-home-for-ramadan/>
- The Muslim Council of Britain's Ramadan guidance for 2020
https://mcb.org.uk/general/ramadan2020_guidance/
- Diabetes UK
<https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/ramadan>
- 1118A_Ramadan Factsheet_Update_April2017_amended
https://intranet.eastberkshireccg.nhs.uk/wp-content/uploads/2019/05/1118A_Ramadan-Factsheet_Update_April2017_amended.pdf
- A Guide to Healthy Fasting
<http://www.communitiesinaction.org/Ramadan%20Health%20and%20Spirituality%20Guide.pdf>

Many thanks

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