

Q&A FOR MUSLIM COMMUNITIES

FASTING & COVID VACCINATIONS

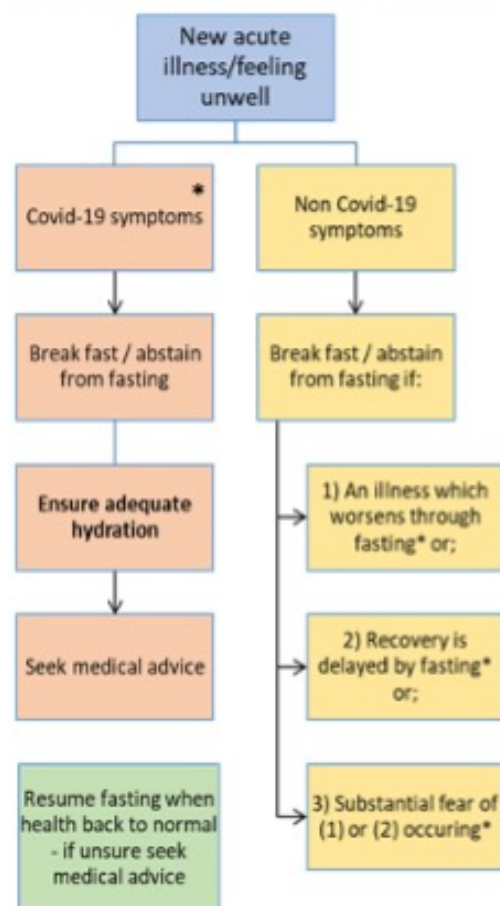
1 Can I take the Covid-19 vaccine whilst fasting?

Taking the Covid-19 vaccines currently licensed in the UK **does not invalidate the fast**, as per the opinion of Islamic scholars. Individuals should not delay their Covid vaccinations on the account of Ramadan.

Subcutaneous, subdermal, intramuscular, interosseous, or intra-articular injections for non-nutritional purposes whilst fasting do not invalidate the fast, regardless of the injected content entering the blood circulation. These routes are not classed as entry sites that would invalidate a fast.¹ Receiving the Covid-19 vaccine as an intramuscular injection, the only route for the vaccines currently available, therefore does not invalidate the fast.

2 What if I experience intolerable side effects?

Most side effects are mild, lasting a few hours, and self-limiting. However, should an individual become more unwell after receiving the vaccine then the general principles pertaining to illness and fasting apply. These have been described in detail,²⁻⁴ and outlined in the figure below which is adapted from the BIMA Rapid Ramadan Review & Recommendations which can be reviewed for more information.



* determined by any of the following:

- Prior experience of fasting with such an illness
- Common knowledge
- The advice of an appropriate healthcare practitioner

References:

1. Rashid R. What Invalidates Fasting Related To Body Cavities. Al Balagh Academy. 2020. https://www.academia.edu/43158103/PART_2_WHAT_INVALIDATES_FASTING_RELATED_TO_BODY_CAVITIES2020. Accessed 28 Jan 2021
2. Ghouri N, Hussain S, Mohammed R, Beshyah SA, Chowdhury TA, Sattar N, et al. Diabetes, driving and fasting during Ramadan: the interplay between secular and religious law. *BMJ Open Diabetes Res Care*. 2018;6(1):e000520
3. Waqar S, Ghouri N. Managing Ramadan queries in COVID-19. *BJGP Open*. 2020;4(2).
4. <https://www.sistani.org/english/book/48/2263/> Ruling 1555
5. British Islamic Medical Association. Ramadan rapid review and recommendations. 2020. <https://britishima.org/ramadan-rapid-review>. Accessed 28 Jan 2021

