



RAMADAN INFO SHEET FOR HOSPITALS

Supporting Families of Muslim Patients



Calendar:

The Islamic calendar is lunar, so Ramadan starts about 10-11 days earlier each solar (Gregorian) year. A listing of Muslim holidays and observances can be found [here](#).

Appropriate Greetings or Check-in

Occasion	Greetings or checking in
Ramadan days 1 - 30	Ramadan Mubarak, Blessed Ramadan, how is your fast going?
Eid (festival of breaking the fast)	Happy Eid! Eid Mubarak! Hope you have/had a great holiday

About Ramadan

- Ramadan follows a lunar calendar and every year it is 11 days earlier than the year before
- Muslims fast from dawn to sunset – no water or food
- Ramadan is followed by one of the two major holidays for Muslims – Eid ul fitr or Festival of Breaking the fast

Day in the life of a fasting Muslim:

Pre-dawn: Eats an early breakfast with family

Dawn: Prays the morning prayer

Friday Midday Congregational prayers for Muslims - Juma

Sunset Break the fast with family and friends and offer Sunset prayer

One hour and a half after Sunset Night prayers.



How Hospitals Can Support Muslim Families During Ramadan

- Offer a private area for prayers
 - Be flexible with visiting times
 - Recognize that family members' energy may be low during the first few days of fasting and towards the end of the day
 - Despite fasting themselves, family members may assist a patient with food or drink as they may not fast while in the hospital.
- Muslims who are fasting will break their fasts with dates and water.
 - Recognize Ramadan within the hospital with decorations and greetings
 - Ask: Are there any religious practices that would be helpful in providing care for your family member?

Supporting Adult Muslim Patients

- Muslims who are ill, pregnant, breastfeeding or have other medical necessities are exempt from the obligation to fast.
- Even if not fasting, Halal meals will be expected
- Dates and water at sunset would be appreciated
- Patients who are fasting may have lower energy and more fatigue, especially at the beginning of Ramadan
- Patient may request a visit from an Imam or spiritual leader
- Ask: Are there any religious practices that would be helpful in providing care for you?

Supporting Muslim Children who are Patients

- Children under puberty aren't obligated to fast, but may join in prayers or shorter fasts.
- Many children will partake in fasts some days or part of a day so they can share in the practice with their families, so be sure to talk to families about fasting regardless of the age of the patient.
- Offer special treats for patients as a way to show support and celebrate Ramadan and the culminating day of celebration at the end of the month, Eid-al-Fitr. Have water and dates available for those who are breaking their fast each day.
- **Decorate & Celebrate:** Use Ramadan banners, lanterns, and fun crafts to build excitement.
- **Foster Inclusion:** Ensure activities aren't centered solely on fasting; focus on
- Are there any religious practices that would be helpful in providing care for you? (or your child?)

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