

## EID Celebrations

Ramadan draws to a close this week with the beginning of Eid al-Fitr, and people observing the end of the Islamic holy month are being urged to plan ahead to follow the rules to help prevent the spread of COVID-19.

The month of fasting and spiritual reflection for many Muslims is followed by Eid al-Fitr - the Festival of the Breaking of the Fast, where family and friends traditionally get together to attend special prayers and celebrate. However, with the country still under Stage Two of roadmap regulations (until the 17<sup>th</sup> May) we are reminding observing families that they may need to make some adjustments this year to celebrate safely.

Everyone is being asked to continue to follow the 'Hands, Face, Space and Fresh Air' message and *until the 17<sup>th</sup> May*, to only socially meet up outdoors in public places or private gardens in groups of six people or two households:

- **hands** (wash or sanitise your hands regularly),
- **face** (wear a face mask when you are with others),
- **space** (keep a two metre distance from others outside your household/support bubble)
- and **fresh air** (stay outdoors where possible and from the 17<sup>th</sup> May when meeting indoors open windows for ventilation)

*From 17 May*, the rule of six or two households will apply indoors. You can then meet up to 30 people outside (over 30 will still be illegal) and social distancing will still need to be adhered to.

People are permitted to visit their local Mosque but are being advised to contact in advance to make sure they can attend safely.

Guidance on observing Eid safely is available on The Muslim Council of Britain <https://mcb.org.uk> and British Islamic Medical Association <https://britishima.org> websites.

We are working closely with the council's Public Health team and would like to take this opportunity to remind you of the other following important key messages around COVID-19:

- All people over 40 in England can now book a COVID-19 jab and the council is keen to repeat guidance that having the vaccination does not invalidate fasting and helps to protect you and your loved ones. When you are invited for your jab please book your appointment as soon as possible. If you need

support or advice about booking your vaccination, please contact the Welfare and Wellbeing team free on: 0800 170 7001

- Travel abroad is not currently permitted except in *exceptional* circumstances. A holiday is not an exception. The exceptional circumstances are listed in the UK government's travel guidance: <https://www.gov.uk/guidance/travel-advice-novel-coronavirus>
- It is very important that everyone entering or returning to England must:
  - quarantine at home or in the place you're staying for 10 days;
  - take a COVID-19 test on day 2 and day 8 of quarantining (which you need to pay for yourself) unless your job qualifies for a travel exemption ;
  - follow the national restrictions.
- About 1 in 3 people with COVID-19 do not have symptoms but can still infect others unknowingly. To prevent spreading Covid and protect your close contacts you should do a rapid test (known as lateral flow tests) twice a week (every 3 to 4 days) to check if you have the virus. If people test positive and self-isolate, it helps stop the virus spreading. You can pick these up for free from your local pharmacy.
- If you or someone you live with tests positive for COVID-19 you must follow the self-isolation guidance to stop the spread and must not leave the home for any reason, for 10 days. People who have been identified as close contacts to someone who has tested positive outside the home must also self-isolate for 10 days.
- If you or your family need public health guidance or support at any point during a period of self-isolation with food, work, money or even someone to walk your dog, you can ring Newcastle City Council's Welfare and Wellbeing Team for free for help on: 0800 170 7001

We want to thank you for your efforts in helping to control the spread of the COVID-19 virus. We ask you this Eid to please continue making the sacrifices you have throughout the year. Please continue to put your safety, your family and loved ones' health and wellbeing first.

We hope you have a blessed and wonderful day, Eid Mubarak.