




Ramadan and Vaccination Talking Points

03/24/2021

Please share these messages widely with your community. Messages can be modified to share on social media channels, websites, and included in communications materials related to COVID-19.

- Minnesotan Imams say you can get your COVID-19 vaccine while you are fasting. It does not have any nutritional value, therefore it will not invalidate or break the fasting.
- The COVID-19 vaccines do not contain pork products, gelatin, animal products, or the live COVID-19 virus.
- When you get your COVID-19 vaccine, you may experience side effects such as pain where you got the shot, feeling achy or tired, or having a headache. Some people may have chills or a fever. It is also okay if you do not have side effects! Each person will have a different reaction to the vaccine and that is okay.
- If you experience side effects from the vaccines, you are allowed to break fast to take care of yourself. Any sick person is exempt from fasting and breaking fasting for a medical reason is permissible. You can break fasting to take care of your health.
- In Minnesota, many of our Imams are getting vaccinated and support vaccination. COVID-19 vaccines are safe and you are encouraged to take it.
- Saving a life is the most important thing, and COVID-19 vaccines will save lives. The COVID-19 vaccines are safe and effective.

 Wear a mask.  Wash your hands.  Stay 6 feet from others.  Stay home if you feel sick.



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Contact health.communications@state.mn.us to request an alternate format.