

## Frequently asked questions (FAQs) about COVID-19 vaccines and fasting during Ramadan

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### **Does taking the COVID-19 vaccine break the fast?**

Taking the COVID-19 vaccines currently licenced in the UK does not invalidate the fast, and it is permissible for the fasting person to have the jab given at one of the vaccine centres. Contemporary Muslim scholars have deemed the non-nutritious injections inconsequential to the fast and would not invalidate it. Individuals should not delay their COVID vaccines on account of Ramadan.

This is the verdict (fatwa) of the [International Islamic Fiqh Academy](#) and various fatwa agencies in several Muslim countries. The basis of this fatwa is that such injections are not like eating or drinking in form (entry into the hollow interior) or purpose (nutrition and hydration). Based on this, there is no harm or issue in getting the COVID-19 vaccine while fasting in Ramadan.

### **What if I experience intolerable side effects from the COVID-19 vaccine during fasting?**

Most side effects are mild, lasting a few hours (maximum 1 day) and are self-limiting. However, should an individual become more unwell after receiving the vaccine, then it is permissible for the individual to break the fast due to the illness; for example, taking paracetamol or a similar over-the-counter anti-inflammatory painkiller. Find out more about possible side effects of the COVID-19 vaccines here:

<https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/coronavirus-vaccine/> .

### **Are pregnant and breastfeeding women allowed to miss fasting due to fear of the COVID vaccine side effects?**

It is permissible for pregnant and nursing women to break their fast if they need to, and to feed one poor person per day instead. They should make up for the missed days whenever possible.

Note that at the time of writing, pregnant women are not routinely being offered the COVID-19 vaccine. More information is available here: <https://www.rcog.org.uk/en/guidelines-research-services/coronavirus-covid-19-pregnancy-and-womens-health/covid-19-vaccines-and-pregnancy/covid-19-vaccines-pregnancy-and-breastfeeding/>.

[Public Health England's guidance on COVID-19 vaccination for women of childbearing age, pregnant or breastfeeding](#) advises: 'There are no data on the safety of COVID-19 vaccines in breastfeeding or on the breastfed infant. Despite this, COVID-19 vaccines are not thought to be a risk to the breastfeeding infant, and the benefits of breastfeeding are well known. Because of this, JCVI has recommended that the vaccine can be received whilst breastfeeding. This is in line with recommendations in the US and from the World Health Organisation.'