

בית דין צדק דק"ק ליעדז והגליל

LEEDS BETH DIN

(JEWISH ECCLESIASTICAL COURT)

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ט"ו תמוז ה'תשפ"ב – 14/07/2022

Advice for Fasting During a Heatwave:

As higher than normal temperatures are forecast for the Fast of Tammuz this year (Sunday 17.07.22), particular care should be taken when fasting.

Hydration prior to the fast and remaining in cooler areas throughout the day should be prioritised.

Anyone who has pre-existing health conditions, (long covid, flu, fever, bad cold, and migraine) is exempt from fasting. So too, a woman who is pregnant, nursing or within 24 months after birth even if she is no longer nursing.

Furthermore, anyone feeling unwell or finding themselves dehydrated should not continue fasting.

Frail people who know that for them the fast will be very difficult should not fast at all.

This advice applies to Tisha B'Av (this year only) as well. It should be noted that different laws apply regarding Yom Kippur.

The Leeds Beth Din

Dayan Sholom Kupperman, Rosh & Av Beth Din
Rabbi Anthony Gilbert, Registrar



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