

HOW TO BE AN EFFECTIVE ALLY DURING RAMADAN

Don't be afraid to ask questions

Feel free to ask questions. Just remember to be polite, respectful and appropriate.

Encouragement is appreciated

Fasting can be physically and mentally demanding but is viewed as a positive time of year we look forward to.

Treat us as you normally would

Drawing attention to our daily fast can be distracting. You don't need to hide food or reduce workloads.

Fasting affects everyone differently

Fasting can make you tired, irritable, distracted or hungry. It can also make you energized, clear headed and at peace.

Be sensitive to our commitment

Telling us that you "would die" if you fasted or you're sorry we "have to fast" is really offensive.

Ramadan Kareem & Eid Mubarak

These are the appropriate ways to wish us well at the beginning and end of the month.