

## PUBLIC SAFETY ANNOUNCEMENT REGARDING FASTING ON TISHA B'AV

- If you have any significant medical condition (eg. diabetes, cardiac or renal conditions), consult your doctor as to whether or not you may fast. If your doctor suggests not to fast, Halachic authorities explicitly forbid fasting (עונ"ת רדב"ז). If you are in any doubt as to whether your condition will be exacerbated by fasting, please consult your doctor.
- If you take medications which cannot be missed or delayed until after the fast, please take them. If it is possible to do so without using water, this is preferable, however, if not possible one should use the minimal amount of water.
- If you are suffering excessive weakness, headache or migraine as a result of fasting, consult your Rabbi as to whether or not you should continue fasting.
- The Torah tells us "וחי בהם", ie. הקב"ה wants us to live by the Laws of Torah and not ו"ו the opposite. Please use your common sense to assess whether or not you should fast or continue to fast.

יהפכו הימים האלו לימי ששון ושמחה בביאת גואל צדק