

Fasting Q&A

Part 1

Q) Do minor children have to fast?



No, But they should be encouraged to fast.

Q) Do sick people have to fast?



Yes, But they are exempted from fasting if advised by a Muslim doctor or if detrimental to their health.

Q) Do travellers have to fast?



No, But it is better for them to keep the fast whilst travelling.

Q) Do pregnant and breastfeeding women have to fast?



Yes, But they are exempted from fasting if advised by a muslim doctor or if detrimental to their or their child's health.

Q) Do women in menstruation or post-natal bleeding have to fast?



No, They cannot fast until they are clean and pure.