**Ramadan Tweet Sheet**

Please share the following messages and assets on your social media channels.

**To access the images in higher res, select the image and save on to your system.**

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| **Focus** | **Message** | **Suggested creative** |
| Support  For NHS  Staff | Ramadan Mubarak! We’d like to wish Muslim Londoners and NHS staff all the blessings of the holy month.  Some of #OurNHSPeople will be fasting during #Ramadan and it’s important for colleagues to support one another during this time. Find out more ➡️ https://people.nhs.uk/guides/covid-19-and-ramadan/steps/key-workplace-considerations-during-ramadan/ | [A picture containing shape  Description automatically generated](https://mcusercontent.com/ec5dea9536bde16d5a3153530/images/735bdf86-c410-4c51-a259-5e4253150af2.png) |
| CV19  Vaccine  & fasting | If you’ve been invited to get the #COVIDVaccine, don’t delay during the holy month of #Ramadan.  The @BritishIMA has confirmed that the vaccine is safe and does not invalidate fasting. For more information, watch Dr Salman Waqar share the facts ➡️ youtube.com/watch?v=bqwqSG6icu4&t=87s | [A picture containing text  Description automatically generated](https://mcusercontent.com/ec5dea9536bde16d5a3153530/images/d3c3833b-0579-453f-bd5a-a155fc80ff6d.png) |
| CV19  Vaccine  & fasting | Muslim Londoners fasting this #Ramadan can still have the #COVIDVaccine if they’ve been offered it. If you’re unsure about having the vaccine while fasting, speak to your imam for religious guidance.    For more information from @BritishIMA, visit https://britishima.org/ | [Text  Description automatically generated with medium confidence](https://mcusercontent.com/ec5dea9536bde16d5a3153530/images/3bf432b3-20bf-4757-9d6e-9a7b3285333e.png) |
| CV19  Vaccine | Dr Abdul Kamali, a GP in Tower Hamlets, shares factual information about having the #COVIDVaccine during #Ramadan.  Don’t delay – protect yourself, your family and community by having the vaccine when you’re offered it. | [Download video.](https://vimeo.com/user132203718/download/535763278/e0997f3d96) |
| CV19 safety guidelines | Although Iftars during #Ramadan may look different this year, we want to thank Muslim Londoners for following #COVID19 guidance during the holy month to keep themselves, their families and community safe.  For more information on what you can and can’t do, visit gov.uk/coronavirus | [Diagram  Description automatically generated](https://mcusercontent.com/ec5dea9536bde16d5a3153530/images/aaf427e4-b345-46c0-8dc5-96b03320c36d.jpg) |
| Diabetes management | If you have diabetes and want to fast this #Ramadan, speak to your GP or diabetes nurse about the safest way to do this.  Find out more from @diabetesUK ➡️ https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/ramadan | [A group of people sitting at a table with food  Description automatically generated with medium confidence](https://mcusercontent.com/ec5dea9536bde16d5a3153530/images/11685c79-7ec8-491a-8dcc-68b022f43df2.png) |