**Ramadan Tweet Sheet**

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

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| **Focus**  | **Message** | **Suggested creative** |
| SupportFor NHSStaff  | 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 |
| CV19Vaccine& 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 |
| CV19Vaccine& 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 |
| 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 |
| 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 |