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After careful considerations, we present guidelines for those members of our community who were inflicted with the coronavirus and wish to know if and how they should fast on Yom Kippur. We've discussed these issues with numerous highly experienced health care professionals and there has been a diversity of opinion. Therefore in addition to our guidelines, we recommend that individuals seek advice from their personal physicians as well. Those who are instructed to fast should carefully monitor themselves throughout the day and have water or other fluids at their disposal should the need arise.

Guidelines

- 1) Any healthy person who was exposed to someone who was positive for Coronavirus but tested negative must fast.
- 2) Any person who tested positive and was asymptomatic should fast.
- 3) Any person who has:
 - a. Tested positive for Corona and continues to exhibit symptoms should drink according to the measurements listed below.
 - b. Tested positive and exhibited mild symptoms in the past and has not been symptom free for at least 5 days should attempt to fast. However, if he/she feels weaker than they usually do during a fast, they should drink according to the measurements outlined below.
 - c. Been symptom-free for over five days one should fast.
- 4) Any person who tested positive and experienced severe symptoms (ie high fever, pneumonia, vomiting) may not fast and should drink according to the measurements outlined below for up to three months after their illness.
- 5) Any person who tested positive for Coronavirus and has other underlying conditions (ie diabetes, severe obesity, or any condition which compromises his immune system) should eat and drink according to the measurements listed below up to three months after the positive test result.

Measurements

Drink- 2 oz every 2 minutes (Doctors recommend to drink at least 1 liter throughout the day)

Eat- 1 oz every 7 minutes

Remember to make Berachot before eating or drinking. Make one Beracha Aharona after completion of all eating and do not make a Beracha Aharona for the drinking.

Tizku L'Shanim Rabot and Gmar Hatima Tova

Rabbi Shimon Hai Alouf

Ahaba Ve Ahva Congregation
Rosh Yeshiva Sephardic Rabbinical College

Rabbi Harold Sutton

Rosh Yeshiva Magen David
Rosh Yeshiva Moreshet Yerushalayim
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