

Ramadan 2020 social media pack

Tweet	Image
<p>Dr Asad Zaman, a #Birmingham GP, said: “Normally Ramadan is a time of fasting during the day & communal prayers throughout the day & late at night, with extra blessings of Sahoor and Iftar. This year Ramadan will be a bit different.” Advice here: https://bit.ly/34Xrptz</p>	<p><i>File name “Ramadan COVID-19 Facebook and Twitter”</i></p>
<p>It is important to take care of your health during the fasting period, and to ensure that you continue to practice social distancing. Read our advice ahead of #Ramadan here: https://bit.ly/34Xrptz</p>	<p><i>File name “Ramadan COVID-19 Facebook and Twitter”</i></p>
<p>Dr Asad Zaman, a #Birmingham GP said: “My top advice for the current situation is to maintain a healthy diet during Sahoor and Iftar & stay at home & only go out if it is absolutely necessary. Stay safe, keep others safe.” Read our #Ramadan advice here: https://bit.ly/34Xrptz</p>	<p><i>File name “Ramadan COVID-19 Facebook and Twitter”</i></p>
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