

Personal Safety Tips Ramadan 2022 (1443 Hijri)



Personal safety is paramount for everyone. Therefore, we have developed the following safety tips to keep Muslims and Islamic institutions safe.

- Be alert to your surroundings
- Stick to public routes you know are well lit and busy
- Avoid shortcuts through unlit areas. If it feels unsafe, find a more public route, especially at night
- Plan your journey to and from the mosque (masjid) and try to stick to it
- Try to leave the mosque (masjid) with friends and relatives where possible
- Let a family member or friend know about your travel plans
- If you use public transport, make a note of departure times and your nearest bus stops
- If you are worried, carry a personal alarm and use it when needed
- If you are attacked or abused, dial 999
- If you are safe, then you can call Tell MAMA on **0800 456 1226** or WhatsApp on **0734 184 6086**
- If safe to do so, take a photograph or a video of the perpetrator(s) and try to note down their description (appearance, clothing) and where the incident took place.
- Most of all, look out for each other and remain vigilant
- In an emergency always dial 999

تقبل الله صيامكم وقيامكم

May Allah accept your fasting and prayers
تقبل الله صيامكم وقيامكم

☎ 0800 456 1226

☎ 0734 184 6086

📧 0115 707 00 07



TellMAMA
Measuring Anti-Muslim Attacks
tellmamauk.org

✉ info@tellmamauk.org

🐦 @TellMamaUK

📘 @Tellmamauk