Personal Safety Tips for Ramadan

- Remain alert and aware of your surroundings
- Plan your journey to and from the mosque (masjid) and try to stick to it
- Only use public routes you know which are busy and well lit
- Using a safe, public route, especially during Evening (Maghrib), Night (Isha), and Morning (Fajr) prayers
- Try to leave the mosque (masjid) with friends and relatives where possible
- If you use public transport, make a note of departure times and your nearest bus stops
- Message loved ones about your departure and arrival times between prayers
- You may wish to carry a personal alarm to use if needed
- If you are attacked or abused, then dial 999 in an emergency
- If you are safe, then you can call Tell MAMA on 0800 456 1226 or Whatsapp on 0734 184 6086
- If it is safe to do so, try to take a photograph or video of the perpetrator(s) and note their description
- Most of all, look out for each other and remain vigilant