

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

☎ 0800 456 1226
📞 0734 184 6086
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TellMAMA
Measuring Anti-Muslim Attacks
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