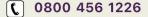
Personal Safety Tips for Ramadan

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



0734 184 6086

SMS 0115 707 00 07







