# **FAST DAYS: PRACTICES**

# **FAST DAYS: TEETH BRUSHING**

### **Fast Days: Brushing Teeth without Water**

You may brush your teeth on <u>Yom Kippur</u> and all other fast days without water and without toothpaste. (You may not use water to brush your teeth even on *Tenth of Tevet* and *17th of Tamuz*.)

#### **Fast Days: Flossing on Fast Days**

You may floss your teeth on <u>Yom Kippur</u> as long as your gums don't bleed and on other fast days even if they do bleed.

# **FAST DAYS: EATING**

#### **Fast Days: Tasting Food**

You may not taste food (even a minimal amount) on a fast day, even if you are cooking for the end of the fast, such as on *Tish'a b'Av*.

## **Fast Days: Health Difficulties**

You may eat or drink as necessary on the fasts of the <u>Tenth of Tevet</u>, <u>17th of Tamuz</u>, and <u>Tzom Gedalia</u> if you are sick, faint, or dehydrated, but only enough to resolve your health difficulty. Consult a *rabbi*.

### **Fast Day: Forgetting**

If you forgot and broke your fast on any fast day, you may not continue eating after you remember that you should be fasting.

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