FIRST NINE DAYS OF AV

Nine Days: Restrictions

Restrictions during the _Nine Days_ before _Tish'a b'Av_ are the same as for _Three Weeks,_ plus:

- You may not eat meat or drink wine.

  EXCEPTIONS
  - You may drink wine on _Shabbat_ (but not on _Rosh Chodesh Av_ or _erev Shabbat_ .)
  - You may drink wine for _havdala_ (but ideally give the wine or grape juice to a child between ages 6 and 10).
  - You may eat meat or drink wine at a _brit, siyum_, or _pidyon ha'ben_.

- You may not wear freshly laundered clothes, or wear or buy new clothes.

  NOTE You may wear clean socks and underwear. Ideally, throw them on the floor first but, _b'di'avad_, it is OK to wear them even if you did not.

- You may not wash yourself for pleasure.

  NOTE Showering or bathing to clean one's soiled body is permitted (except on _Tish'a b'Av_). So you may bathe or shower during the _Nine Days_ if you are dirty, sweaty, or smelly.

- You may not do any activities that involve luxury.
- You may not say _she'hecheyanu_ except on _Shabbat_.

  NOTE Therefore you should not buy new fruits or new items that you will enjoy during the _Nine Days_. But if you DO eat a new fruit or buy something new, you must say _she'hecheyanu_ anyway.

Nine Days: Court Cases

Try not to be involved in a court case opposing a non-Jew during the _Nine Days._

REASON The _Nine Days_ are considered to be an inauspicious time for Jews. But if you cannot avoid it, it is not forbidden and you may proceed.

Nine Days: Kiddush Levana

If you are not likely to see the moon on any of the days from the 10th to the 14th of _Av_, you may say _kiddush levana_ during the _Nine Days_.

Nine Days: New Projects or Investments

You should not start new projects or make investments during the _Nine Days_ if they can be delayed without incurring a loss.

REASON The _Nine Days_ are considered to be an inauspicious time for Jews.

Nine Days: Painting Your House

You may not paint your house during the _Nine Days_. Ask a _rabbi_ for possible exceptions.

Nine Days: Swimming

For laws on swimming during the _Nine Days_, see _Three Weeks_: Swimming.