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 Ay* 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 <u>Tish'a b'Av</u>). So you may bathe or shower during the <u>Nine Days</u> 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 <u>Nine Days</u>. But if you DO eat a new fruit or buy something new, you must say <u>she'hecheyanu</u> anyway.