Nine Days: Restrictions

Restrictions during the *Nine Days* before *Tish'a b'Ay* 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.

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