

Introduction to Shabbat and Medicines

Health or Life-Threatening Condition

On *Shabbat*, you may not take medicine used to promote health. Whenever there is any question of a life-threatening disease or condition, you must take medicine.

Categories of Sick People

There are several categories of sick people:

- **Entire Body Is Affected**

EXAMPLE Fever.

STATUS You may take medicines for this category; pills, such as aspirin, are OK to take.

EXCEPTION You may not smear substances on skin **UNLESS** the fever is life-threatening, in which case even smearing is permitted.

- **Only Part of the Body Is Affected**

STATUS Some medicines may be used--consult a *rabbi*.

- **Discomfort**

STATUS Medicine generally may not be used.