

# OMER PERIOD: RESTRICTIONS

## OMER PERIOD: FORBIDDEN ACTIVITIES

### Forbidden Activities During Omer Period

These are forbidden during the chosen omer period:

- Haircuts
- Shaving
- Listening to any music, even pre-recorded
- Getting married.

## OMER PERIOD: PERMITTED ACTIVITIES

### Buying Clothes Allowed during Omer

You may buy and wear new clothes during sefirat ha'omer.

### Cutting Nails Allowed during Omer

You may cut your nails during sefirat ha'omer.

### Saying SheHecheyanu Allowed during Omer

You may say she'hecheyanu during sefirat ha'omer.

### Swimming Allowed during Omer

You may swim during sefirat ha'omer.