

# FAST DAYS: PRACTICES

## FAST DAYS: TEETH BRUSHING

### Fast Days: Brushing Teeth without Water

You may brush your teeth on Yom Kippur and all other fast days without water and without toothpaste. (You may not use water to brush your teeth even on Tenth of Tevet and 17th of Tamuz.)

### Fast Days: Flossing on Fast Days

You may floss your teeth on Yom Kippur as long as your gums don't bleed and on other fast days even if they do bleed.

## FAST DAYS: EATING

### Fast Days: Tasting Food

You may not taste food (even a minimal amount) on a fast day, even if you are cooking for the end of the fast, such as on Tish'a b'Av.

### Fast Days: Health Difficulties

You may eat or drink as necessary on the fasts of the Tenth of Tevet, 17th of Tamuz, and Tzom Gedalia if you are sick, faint, or dehydrated, but only enough to resolve your health difficulty. Consult a rabbi.

### Fast Day: Forgetting

If you forgot and broke your fast on any fast day, you may not continue eating after you remember that you should be fasting.