FAST DAYS: PRACTICES

FAST DAYS: TEETH BRUSHING

Fast Days: Brushing Teeth without Water

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

Fast Days: Flossing on Fast Days

You may floss your teeth on <u>Yom Kippur</u> 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 <u>Tenth of Tevet</u>, <u>17th of Tamuz</u>, and <u>Tzom Gedalia</u> 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.

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