

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.