Nine Days: Restrictions

Restrictions during the *Nine Days* before *Tish'a b'Av* are the same as for *Three Weeks,* plus:

- You may not eat meat or drink wine.

  EXCEPTIONS

  - You may drink wine on *Shabbat* (but not on *Rosh Chodesh Av* or *erev Shabbat.)*
  - You may drink wine for *havdala* (but ideally give the wine or grape juice to a child between ages 6 and 10).
  - You may eat meat or drink wine at a *brit*, *siyum*, or *pidyon ha'ben*.

- You may not wear freshly laundered clothes, or wear or buy new clothes.

  NOTE You may wear clean socks and underwear. Ideally, throw them on the floor first but, *b'di'avad,* it is OK to wear them even if you did not.

- You may not wash yourself for pleasure.

  NOTE Showering or bathing to clean one's soiled body is permitted (except on *Tish'a b'Av*). So you may bathe or shower during the *Nine Days* if you are dirty, sweaty, or smelly.

- You may not do any activities that involve luxury.
- You may not say *she'hecheyanu* except on *Shabbat*.

  NOTE Therefore you should not buy new fruits or new items that you will enjoy during the *Nine Days*. But if you DO eat a new fruit or buy something new, you must say *she'hecheyanu* anyway.

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