

# Introduction to Shabbat and Medicines

## Health or Life-Threatening Condition

On *Shabbat*, you may not take medicine used to promote health. Whenever there is any question of a life-threatening disease or condition, you must take medicine.

## Categories of Sick People

There are several categories of sick people:

- **Entire Body Is Affected**

**EXAMPLE**      Fever.

**STATUS**        You may take medicines for this category; pills, such as aspirin, are OK to take.

**EXCEPTION**    You may not smear substances on skin UNLESS the fever is life-threatening, in which case even smearing is permitted.

- **Only Part of the Body Is Affected**

**STATUS**        Some medicines may be used--consult a *rabbi*.

- **Discomfort**

**STATUS**        Medicine generally may not be used.