



Selected Halachos for Cholim on Tisha b'Av

Seuda Mafsekes

- Even if a *Choleh* will not be fasting on Tisha b'Av he should still eat a *Seuda Mafsekes* because it is one of the Minhagim of *Avelus*. He is obligated to observe the *Avelus* even if he cannot fast. He may not eat two different cooked foods at the *Seuda* and must adhere to its other *Dinim* just as everyone who is fasting must.

Tefila

- In a community where Tefillin are not worn for *Shacharis* on Tisha b'Av, a *Choleh* may eat as necessary, even though he is yet to don Tefillin. However, once *Chatzos haYom* has passed, he should not eat before donning Tefillin. He should put his Tefillin on again at Mincha.
- If Tefillin are worn for *Shacharis* in his community, he should not eat until after *Shacharis*, as on any other day.
- If a *Choleh* is not fasting he should not recite the *Tefila* of *Anenu* in *Shome'a Tefila*. However, he should recite *Nachem* in the Bracha of *Bonei Yerushalayim* (at Mincha).

Eating

- A person who needs to take a pill or tablet and cannot swallow it without fluids may use a small amount of water to help him.
- A *Choleh* who needs to eat does not need to restrict himself to *Shiurim*.
- He should discuss eating during the initial hours of the fast (in the evening) with a Rav. Some *Cholim* (*sheEin Bahem Sakana*) can fast safely for several hours without adverse effects.
- If he eats bread on Tisha b'Av he must wash his entire hand. He must also wash *Mayim Acharonim*.
- Some say that one who eats bread on Tisha b'Av should recite *Nachem* in Bentching, before *Boneh Yerushalayim* although others disagree. Some hold that he should only recite it if he is eating after *Mincha Gedola*. Others say he should recite it where *haRachaman* is recited for Shabbos and other *Moadim* without a closing Bracha. One should consult a Rav for a *Psak*.

Miscellaneous

- A *Yoledes* or a *Choleh* who finds it difficult to sit on the floor or a low chair need not do so.
- Medical personnel who find that their clinical judgment is becoming impaired by fasting may break their fast.