

Halachos of Tisha b'Av, by Harav Yosef Friedman Shlit"a

Erev Tisha b'Av on Shabbos:

1. Although *Torah* learning is usually prohibited on the afternoon of *Erev Tisha b'Av*, the *Mishnah Brurah paskens* when it falls on *Shabbos*, one may learn as normal.
2. One should not take a walk for pleasure after *Chatzos*.
3. Children may be taken to the park to play, even after *Chatzos*.
4. There are no prohibitions regarding the food to be eaten during *Seudah Shlishis* (even meat and wine may be eaten) and regular *zemiros* may be sung.
5. If three men eat together, a *zimun* may be said.
6. If one *bentched* from *Seudah Shlishis* before *shkiya* he may eat more, however all eating, and drinking must cease before *shkiyah*.
7. Beginning from *shkiyah*, aside from the *issur* to eat and drink, washing in a normal way is *assur*.
8. One should sit as usual on a chair, keep his shoes on, and remain in *Shabbos* clothing until *tzeis haShabbos*.
9. If there is time before *Maariv*, and *tzeis* has already passed, one should say "*Baruch Hamavdil*" and then take off his shoes and change to weekday clothing.
10. *Havdalah* is not recited and *besamim* are not smelled. But before leaving the house, one should recite "*borei me'orei ha'eish*" for the members of the household.
11. A child who will be eating on *Tisha b'Av* is not required to make or hear *Havdalah* in order to eat.
12. A *choleh* who will be eating on *Tisha b'Av* must recite *Havdalah* before eating. If possible, the grape juice should be drunk by a child. If not, it can be drunk by the *choleh*.
13. A woman who must eat should hear *Havdalah* from a male. If that is not possible, she may make *Havdalah* herself.
14. The *nusach* of *Havdalah* starts from "*hagafen*," continues with "*me'orei ha'eish*," and then the *bracha* of *Havdalah*. The introductory *pesukim* are not recited.

Fasting on Tisha b'Av:

1. The fast starts at *shkiyah* on *erev Tisha b'Av*.
2. Everyone *bar/bas mitzvah* age and up must fast until *tzeis hakochavim* on *Motzei Tisha b'Av*.
3. Pregnant or nursing women must fast. If a woman feels there may be a reason why she shouldn't fast (history of dehydration, danger for the child or fetus) a *shaila* should be asked.
4. A woman within 7 days after birth should not fast. After 7 days, a *shaila* should be asked.
5. If one must take a pill during the fast, he may do so without water if it is tasteless. If that's not possible, a very strong and bitter tea may be used in order to get it down.
6. It is best not to take a pleasant-tasting medication on *Tisha b'Av*. If one must take this kind of medication, s/he should ask a *shaila*.

Learning Torah:

1. Torah that's in the spirit of the day is *muttar*.
2. All parts of davening are *muttar* to say.
3. There is a *machlokes* among the *poskim* whether *Tehillim* may be said.



בית מדרש מנין אברכים

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Washing on Tisha b'Av:

1. Washing the body is generally *assur* on *Tisha b'Av*, yet it is *muttar* to wash dirt off a specific spot on the body. It is also *muttar* to wash fruits and the like for children.
2. Washing *negel vasser* should be the usual number of times, but make sure to wet only the fingers. So too after using the bathroom, only the fingers should be washed.
3. If someone scratched their scalp or shoes, or touched a part of the body that's usually covered, they may wash their fingers.
4. In one is washing hands for reason of hygiene – for example, to prevent the spread of germs – then it's *muttar* to wash the entire hand.

Applying Oil or Lotion:

1. One should not use cosmetics on *Tisha b'Av*.
2. Most *poskim* permit the use of deodorant.
3. Lotions may be applied for medical reasons, for example to a baby in case of a diaper rash.

Not Wearing Shoes:

1. Leather shoes may not be worn.
2. Even if only part of the shoes contain leather, they are still *assur*.
3. The *minhag* is for all children age 3 and up to refrain from wearing leather shoes.

Assorted Dinim:

1. One should not greet another person on *Tisha b'Av*. One may nod their head instead.
2. No work may be done before *chatzos*. After *chatzos*, it is *muttar* to work, but one should refrain from becoming so involved in their work that they forget it's *Tisha b'Av*.
3. Housework should be postponed until after *chatzos* whenever possible.
4. One who works after *chatzos* on *Tisha b'Av* will not see a *siman brachah* from the money made.
5. The *minhag* is to sit on the floor or on a low stool until *chatzos*. While on a bus or in a car, one can sit as normal.
6. One should make themselves more uncomfortable when they sleep at night (this can be done by removing a pillow). If this will cause them difficulty sleeping, they don't have to do it.
7. It's best to limit enjoyable activities on *Tisha b'Av* as much as possible.

Motzaei Tisha b'Av:

1. Before eating, *Havdalah* should be said. If necessary, water may be drunk before *Havdala*.
2. The *nusach* includes the *brachos* of *hagafen* and *Havdalah*.
3. The wine may be drunk as usual.
4. It is best to wait to say *kiddush levanah* until after eating and putting on one's shoes.
5. The following things remain *assur* until *chatzos* on Monday:
 - a) Meat and wine
 - b) Showering and/or bathing
 - c) Haircuts/shaving
 - d) Laundry (and wearing freshly laundered clothing)
 - e) Music

