

בית מדרש מנין אברכים

דסנהדר"ה מורחבת, ירושלים תובב"א
בנשיאות הגאון הר' יצחק ברקוביץ שליט"א

Halachos of Tisha B'Av, by הרב יוסף פרידמן שליט"א

Erev Tisha B'Av

1. A stroll should not be taken after chatzos.
2. Beginning from chatzos, one should only learn the chalakim of Torah that are permitted on Tisha B'Av.
3. Everyone should be careful to eat a proper meal earlier in the day because the Seudah Hamafsekes has limited menu options.
4. The Seudah Hamafsekes is eaten close to shkiyah and everyone participates, even those who will not be fasting.
5. One should sit on the floor for this meal.
6. The minhag is to eat bread, water, and a hard-boiled egg. There are those that dip their food in ashes.
7. Three men should not sit together.
8. If one wants to drink or eat afterward, it's best to say so out loud before bentching.
9. After the seudah, one can still sit in a regular chair until shkiyah.
10. Shoes don't have to be removed until shkiyah.

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 baby or fetus) a sh'eilah should be asked.
4. A woman within 7 days after birth should not fast. After 7 days, a sh'eilah should be asked.
5. If one must take a pill during the fast it may be taken without water if it is tasteless. If it will be impossible to swallow it without water, 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 sh'eilah.

Washing on Tisha B'Av

1. While washing the body is generally assur on Tisha B'Av, it is muttar to wash dirt off a specific spot on the body.
2. It is muttar to wash fruits and the like for children.
3. When washing negel vasser, wash your usual number of times, but make sure to wet only the fingers.
4. After using the bathroom, only the fingers should be washed.
5. If someone scratched their scalp or shoes, or touched a part of the body that's usually covered, they may wash their fingers.
6. If 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 with soap.

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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 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.

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.

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 shouldn't become 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.

Motzei Tisha B'Av

1. Since Tisha B'Av falls on Thursday this year, one may start doing laundry immediately following the tzom.
2. Reb Shlomo Zalman wrote that clothing not needed for Shabbos may be added to a load needed for Shabbos.
3. Haircuts and bathing are muttar only beginning Friday morning. If it's difficult to wait until the morning, one may do so at night.
4. Music, meat, and wine are muttar only after chatzos of Erev Shabbos.