

# 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.