


Rabbi Yosef Yitzchok Holzman

 Rav Mara D'Asra of East Flatbush
 & of SUNY Downstate Campus
 Brooklyn, New York

יוסף יצחק הולצמן

 רב ומרא דאתרא - איסט פלטבוש
 והמרכז הרפואי סוני דאונסטדייט
 ברוקלין, ניו-יארק

☎ 718.613.1818 ✉ RabbiHolzman@gmail.com 🌐 RabbiHolzman.com

Kitzur Halachos for Tisha B'Av 5786 — Thursday, July 23, 2026

The fast begins Wednesday evening at Shkia and ends Thursday night.

Category	Halacha / Restriction
Erev Tisha B'Av	• From Chatzos: avoid strolling/sightseeing and limit Torah study to topics related to the Churban. • Earlier in the day, we partake in an additional meal commemorating when Tisha B'Av was a Yom Tov during the time of the Beis Hamikdash. • Before the fast: Seudas Hamafsekes. • No two cooked dishes. • Minhag: bread dipped in ashes and a cold hard-boiled egg while sitting low.
Fast Begins	Wednesday evening at Shkia — the fast and all restrictions begin. (8:20 PM in Brooklyn NY)
Five Prohibitions	• No eating or drinking • No washing or bathing • No anointing (creams, etc.) • No marital relations • No leather shoes
Additional Restrictions	• No working • No greetings • No strolling or sightseeing • Torah study limited to destruction-related topics • <i>Sit on floor/low stool until Chatzos (1:02 PM in Brooklyn NY)</i>
Fasting	• Obligatory for all healthy adults, including pregnant or nursing women (unless within 30 days postpartum or unwell) • Exempt: Anyone who is ill, including dehydrated, dizzy, or severe headaches
Children	Under Bar/Bat Mitzva, not required to fast
Medicine	Pills are allowed. If water is needed, use water made unpleasantly bitter, less than a cheekful.
Smearing / Cosmetics	No makeup, perfume, or lipstick. Deodorant is permitted
Morning of Tisha B'Av	• Netilas Yadayim only until the knuckles • No bed making, dishwashing, or linen changes before Chatzos
Cleaning Lady	May be allowed if familiar with the routine (preferably after Chatzos); laundry should not be done.
Fast Ends	Thursday night at Tzeis — the fast and all restrictions of Tisha B'Av end. (8:52 PM in Brooklyn NY)
Continuing Restrictions	Until Friday Chatzos: • No meat or wine • No music • Since this year the 10th of Av is Erev Shabbos, laundry and haircuts may be done earlier for Kavod Shabbos.

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