

Faith	Languages	Diet	Dress	Physical contact	Medical treatment
<b>Bahá'i</b>	English and the native language of the person	Bahá'is have no specific diet. Alcohol is prohibited unless within medicine prescribed by doctors. Fasting for religious purposes takes place during March but is not obligatory during periods of ill-health.	No special dress code	Bahá'is are unlikely to object to being touched or treated by members of a different gender.	Bahá'is respect scientifically based medical approaches and have no special medical requirements.
<b>Buddhism</b>	English, Cantonese, Hakka, Japanese, Sinhalese, Thai, Tibetan	Buddhists are often vegetarian or vegan. Salads, rice, vegetables and fruit are usually acceptable. There are occasional fast days during the year.	No special dress code for lay Buddhists. Monks and nuns will wear specific robes.	A Buddhist may be touched by a person of any gender for comfort, treatment and medical examinations.	Buddhists should respect medical and nursing care and have no special medical requirements
<b>Christianity</b>	English and the native language of the person	Generally all foods are permissible and individual preferences are a matter of personal choice. Some Christians may choose to fast on holy days or before receiving Holy Communion.	Most have no dress code, although some women may make dress choices for cultural reasons.	There are no religious objections (although there may be cultural ones) to being touched by members of a different gender.	Generally, there are no special requirements, although some may decline certain medical treatments (eg blood transfusions).
<b>Hinduism</b>	English, Bengali, Gujarati, Hindi, Punjabi, Sindhi, Tamil and many others	Hindus do not eat beef; some avoid poultry, fish, eggs and animal fat; others are strictly vegetarian. It is best to ask.  Salads, rice, vegetables, yoghurt, milk products and fruit are usually acceptable.	Modesty and decency are essential, being both a cultural and religious necessity.	Some Hindus, especially women, will wish to be treated by people of the same gender. This is primarily a cultural preference.	Generally there are no special requirements, though some Hindus prefer Ayurvedic medicine.
<b>Humanism</b>	English or any other language	No particular requirements. Some humanists are vegetarian and vegan.	No particular requirements.	No specific restrictions on physical contact.	No special requirements.
<b>Islam</b>	English, Arabic, Bengali, Dari, Farsi, Gujarati, Kurdish, Punjabi, Pashto, Somali, Turkish, Urdu and many others.	All pig products and alcohol are forbidden. All meat must be certified as halal. Fish and egg products are allowed. Vegetarian meals and fresh fruit are acceptable. Fasting takes place during the month of Ramadan; those of ill-health are exempted.	All Muslim women and girls will dress modestly. Some will wear a head covering. Both male & female Muslims may choose to wear clothes that reflect their cultural background.	Treatment by medical staff of any religion is allowed but both men and women will wish to be treated or comforted by someone of the same gender.	There are no fixed religious rules on this, so the views of both the individual and family should be sought. Men and women should be accommodated on single sex wards/units.

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<b>Jainism</b>	English, Gujarati, Hindi, Punjabi, Tamil	Jains take no alcohol, meat, fish, poultry or eggs. Some do not eat root vegetables or honey. Salads, fruits, some vegetables and grains are acceptable. Bread or biscuits made without eggs or dairy products may also be acceptable.	Whilst avoiding leather, Jains mainly follow a western dress code (unless they are monks or nuns).	For primarily cultural reasons, Jains will prefer to be treated or comforted by people of the same gender.	Generally Jains will cooperate with medical staff; some may be reluctant to take opiates or antibiotics.
<b>Judaism</b>	English, Hebrew, Yiddish	Pork & shellfish and fish without fins or scales are forbidden. Red meat & poultry must comply with kosher standards of slaughter. Vegetarian food is usually acceptable. Dairy products & meat must be kept separate. There are a number of short fasting periods during the year.	Some Jewish men and women keep their heads covered at all times. Some Jewish men wear black clothes, have side locks and beards. Some Jews have no strict dress code although women and girls usually dress modestly.	For some Jewish men and women, it will not usually be acceptable to be touched by someone who is not a close family member. However the need to save life takes precedence in Judaism.	Medical professionals will be treated with respect. Rules normally applying to the Sabbath or festivals are overruled for the purpose of saving life or safeguarding health.
<b>Rastafarianism</b>	English; the vocabulary may include Jamaican patois.	Pork, pork products and shellfish are banned. Most Rastafarians are vegetarian and avoid all stimulants such as tea, coffee and alcohol.	Many wear standard western dress, but some Rasta men wear crowns and tams (both hats) and some Rasta women wear wraps (headscarves)	No specific requirements.	The cutting of hair is prohibited in <b>all</b> circumstances.
<b>Sikhism</b>	English, Gurmukhi, Hindi, Punjabi	Many Sikhs are vegetarian or vegan and do not eat eggs. Those who do eat meat avoid beef. Salads, rice, dhal, vegetables and fruit are acceptable. The use of tobacco, alcohol and drugs is forbidden. Some Sikhs will wish to fast when there is a full moon.	Initiated Sikhs wear 5 'K' symbols: <ul style="list-style-type: none"> <li>• <i>Kesh</i> (uncut hair)</li> <li>• <i>Kangha</i> (comb)</li> <li>• <i>Kara</i> (steel bangle)</li> <li>• <i>Kirpan</i> (short dagger)</li> <li>• <i>Kacchera</i> (shorts)</li> </ul> Most men wear turbans. Women usually cover their heads.	Treatment by medical staff of any religion is allowed. However both men and women usually prefer to be treated by someone of the same gender.	Generally there are no special requirements, though some Sikhs prefer Ayurvedic medicine. Initiated Sikhs do not cut their hair or beards, so body hair should not be removed. Speak to the individual or family.
<b>Zoroastrianism (Parsee)</b>	English, Farsi, Gujarati, Persian	There is no religious restriction about diet, although some Zoroastrians avoid pork & beef. Restrictions on meat eating occur on certain days in the month and year.	Most adult Zoroastrians will wear a <i>sudreh</i> (vest of fine muslin cloth) and <i>kusti</i> (cord around their waist) under western clothes.	No specific requirements.	No specific requirements.