

Steps to prevent the Coronavirus COVID-19

Facts about the virus

At present, about 90 000 people worldwide have been infected with COVID-19. South Africa recorded its first confirmed case on 5 March 2020. Over 50 countries are now affected. About 80 percent of coronavirus cases throughout the world are mild, resulting in flu or cold-like symptoms and ending in full recovery within a few weeks. However, this virus is much more contagious than the normal flu.

Taking care

A Muslim believes that life, death, sickness and cure are all from Allah Ta'ala. No illness can afflict a person without the permission of Allah Ta'ala. However, we are responsible for taking care of our health and doing our part to prevent diseases from spreading. Taking care of our health is an Islamic obligation as health is a trust from the Almighty. Our bodies and limbs have a right to be protected and cared for. Nabi ﷺ said, "A strong believer is better and dearer to Allah than a weak one..."

(Bukhari)

Take preventative measures

When disease is widespread then it is the collective responsibility of every community and country to play an active role in adopting preventative measures in order to avoid its spread from becoming catastrophic and uncontrollable.

Practical measures to prevent the spread of COVID-19:

- Place full trust in Allah Ta'ala and seek protection from all harm and illnesses through His mercy. Turn to Allah Ta'ala with Istighfar, Sadaqah, Durood and Dua.

- Cleanliness and hygiene of both person and environment are essential in disease-prevention. Nabi ﷺ said that cleanliness is half of faith. Making Wuzu cleanses the nose of germs, dust, and related contaminants. By performing Wuzu, a person washes away potentially pathogenic germs on the skin.
- Limit traveling if you are in a community where there have been many cases of COVID-19 or avoid traveling to a place where it has spread widely. Nabi ﷺ said, "If you hear that it (plague) is in a land, do not go there, and if it breaks out in a land where you are, do not leave, fleeing from it." (Bukhari and Muslim)
- If one gets sick or has any symptoms, seek medical attention.
- Cover the mouth when sneezing or coughing. Dispose the tissue in which one has coughed or sneezed and wash the hands thoroughly. Whenever Nabi ﷺ sneezed, he would cover his mouth with his hand or a piece of cloth. (Abu Dawood, Tirmizi)
- Handwashing is essential in the fight against COVID-19, and disease in general. While handwashing is part of Wuzu, Nabi ﷺ also advised to wash hands upon waking up in the morning and before and after meals. (Bukhari, Muslim and Abu Dawood)
- Take precautions but do not be afraid or cause panic. Sickness, cure, life and death are decreed by Allah Ta'ala.

May Allah Ta'ala protect us from all harm and diseases.



DARUL IHSAN
HUMANITARIAN CENTRE
GUIDANCE • UBUNTU • EMPOWERMENT

HEAD OFFICE : 53 JOYCE RD, SEA COW LAKE, DURBAN
P.O. BOX 76474, MARBLERAY, 4035, DURBAN
PHONE: 031 577 786 8 - WWW.DARULIHSAN.COM