

THE
**MUSLIM
HANDBOOK**
DURING AN EPIDEMIC



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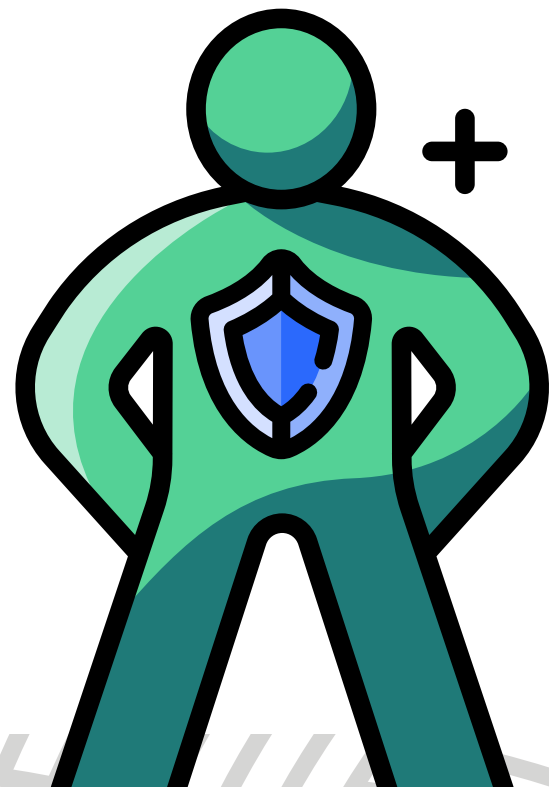
INTRODUCTION



An epidemic is a widespread occurrence of an infectious disease in a community at a particular time.

When an epidemic spreads over multiple countries and continents, it becomes a pandemic. Islam is a complete system of life that gives us the solutions for our every need.

This includes what to do during a disease outbreak like Covid-19.

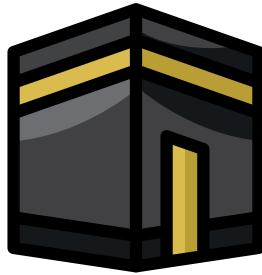


EPIDEMIC: AN ISLAMIC PERSPECTIVE

عَنْ عَائِشَةَ رَضِيَ اللَّهُ عَنْهَا زَوْجِ النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَتْ : سَأَلْتُ رَسُولَ
اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ عَنِ الطَّاعُونَ , فَأَخْبَرَنِي أَنَّهُ عَذَابٌ يُبْعَثُهُ اللَّهُ
عَلَى مَنْ يَشَاءُ , وَأَنَّ اللَّهَ جَعَلَهُ رَحْمَةً لِلْمُؤْمِنِينَ , لَيْسَ
مِنْ أَحَدٍ يَقَعُ الطَّاعُونَ فَيَمُوتُ فِي بَلَدِهِ (أَوْ بَيْتِهِ)
صَابِرًا مُحْتَسِبًا , يَعْلَمُ أَنَّهُ لَا يُصِيبُهُ إِلَّا مَا كَتَبَ اللَّهُ لَهُ ,
إِلَّا كَانَ لَهُ مِثْلُ أَجْرِ شَهِيدٍ .

From Aisyah (رضي الله عنها), wife of The Prophet (صلى الله عليه وسلم), she said: "I asked Allah's Messenger (صلى الله عليه وسلم) about the plague. He told me that it was a punishment sent by Allah on whom he wished, and Allah made it a source of mercy for the believers, for if one in the time of an epidemic plague stays in his country (or in his house) patiently hoping for Allah's Reward and believing that nothing will befall him except what Allah has written for him, he will get the reward of a martyr."

[Sahih Al-Bukhari no. 3474 & Musnad Ahmad no. 26139].



Calamity: The Prophetic Guidance

1



Stay put in your home

2



Be patient

3



Hope for Allah's reward

4

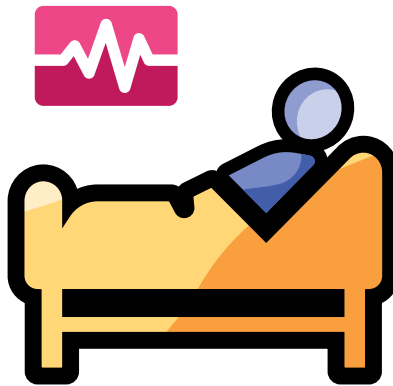


Know that whatever happened has been written

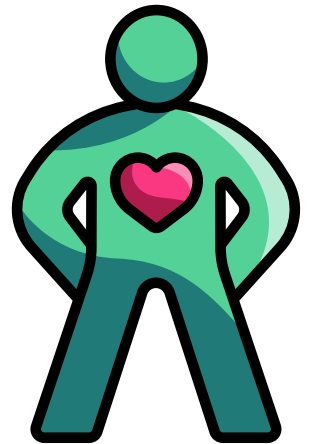
The hadith actually covers:



Those who are infected and died



Those who are infected but survived



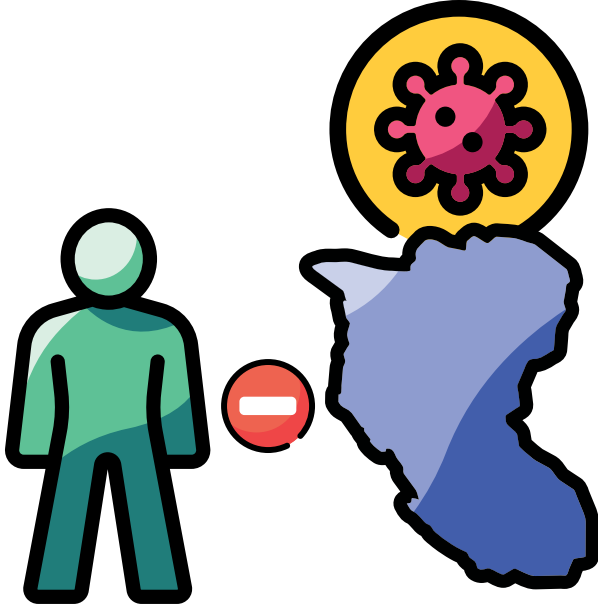
Those who are healthy

THE PROPHETIC ADVICE:

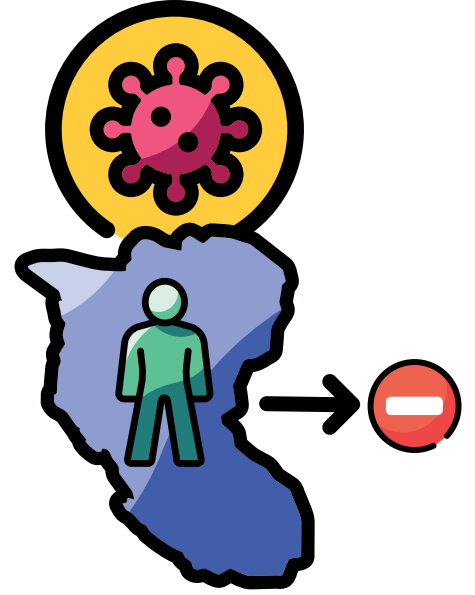
قَالَ رَسُولُ اللَّهِ ﷺ: الطَّاعُونَ رِجْسٌ أُرْسِلَ عَلَى طَائِفَةٍ
مِنْ بَنِي إِسْرَائِيلَ - أَوْ عَلَى مَنْ كَانَ قَبْلَكُمْ - فَإِذَا
وَإِذَا وَقَعَ بِأَرْضٍ فَلَا تَقْدَمُوا عَلَيْهِ سَمِعْتُمْ بِهِ بِأَرْضٍ
وَأَنْتُمْ بِهَا فَلَا تَخْرُجُوا فِرَارًا مِنْهُ

The Messenger of Allah (ﷺ) said: "An epidemic is a filth being sent upon a group of Israelis - or upon those before you - When you hear about it in a land, don't you proceed to it, and if it happens on a land and you are in it, don't you go out running from it."

[Sahih Al-Bukhari no. 3473]



If you hear of a pandemic in the land, do not enter it.

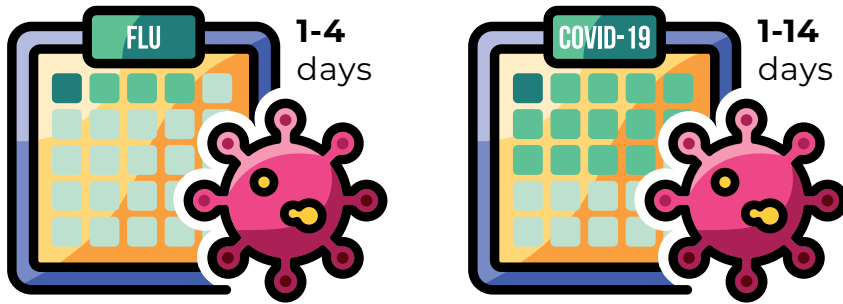


If you are in an outbreak-affected area, do not leave the place.

1

Every disease has its own incubation period.*

Incubation Time: The time from the exposure to first symptoms.

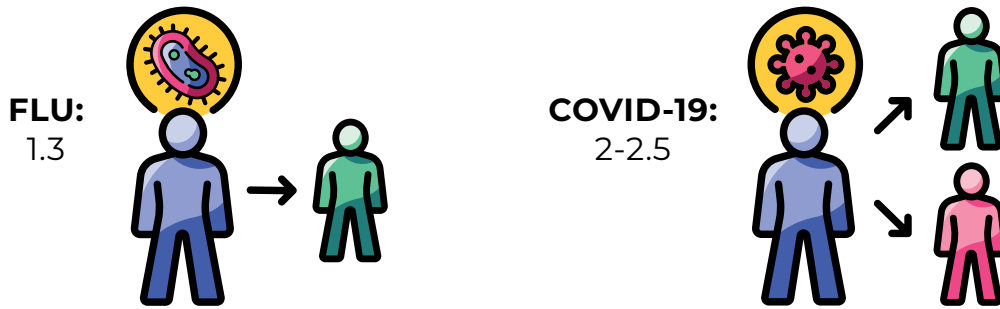


*Sources: CDC, WHO, NCBI

2

Avoiding to meet others can stop the spread.

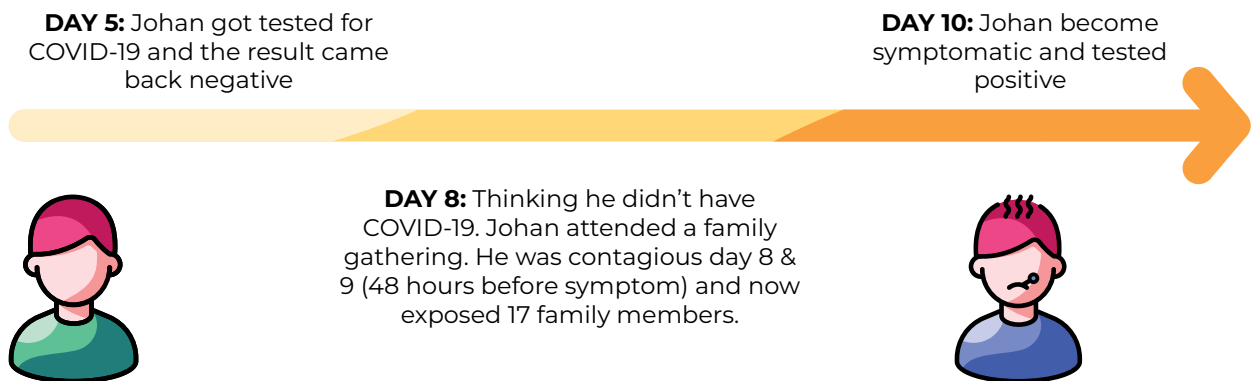
R0 Number: Estimation of how many people will be infected by an average individual with the the disease.



3

Even if we are healthy with no symptoms, we can still be a vector.

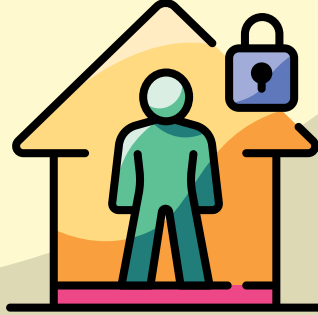
Incubation Time: The time from the exposure to first symptoms.



*Sources: Juneau County Health Department

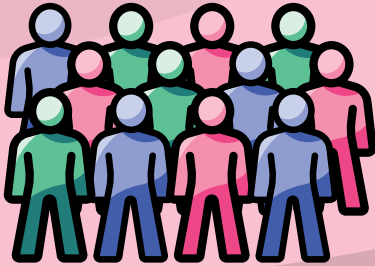
PROACTIVE MEASURES DURING AN EPIDEMIC

1 Do not go out unless it is necessary.

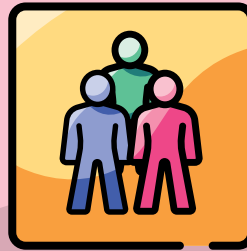


2 Avoid the 3Cs:

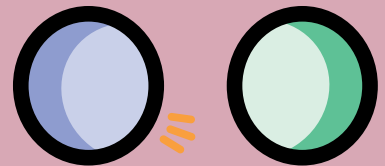
Crowded places



Confined spaces



Close Conversations



3 Always do the 3Ws

Wash hands



Wear masks



Warning causes of infection



PREVENTIVE MEASURES AND SUPPLICATIONS FROM THE SUNNAH

1 Observe the commands and the forbiddances in Islam

قَالَ رَسُولُ اللَّهِ ﷺ: مَنْ صَلَّى
صَلَاةَ الصُّبْحِ فَهُوَ فِي ذِمَّةِ اللَّهِ

Allah's Messenger (ﷺ) said: **“He who observed the morning prayer (in congregation), he is in fact under the protection of Allah”**

[Sahih Al-Bukhari no. 657]

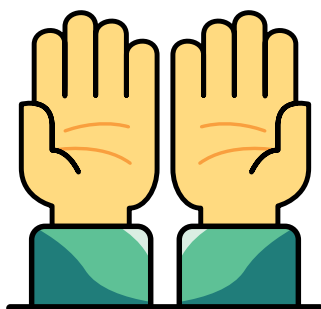
قَالَ رَسُولُ اللَّهِ ﷺ: احْفَظِ اللَّهَ
يَحْفَظَكَ

Allah's Messenger (ﷺ) said: **“Be mindful of Allah and He will protect you”**

[Sunan At-Tirmidzi no. 2706]

2 Make Supplications to Allah for Protection

- ✦ You can choose any of the supplications that you like
- ✦ You don't have to recite the supplications by sequence
- ✦ You don't have to stick to just one of the supplications
- ✦ Learn its meaning



General Preventive Supplications (no specific time)

The supplication of Dhun-Nun (Prophet Yunus)

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

Lā ilāha illā anta subḥānaka innī kuntu minaz-ẓālimīn

"There is none worthy of worship except You, Glory to You, Indeed, I have been of the transgressors."

Allah's Messenger (ﷺ) said: "So indeed, no Muslim man supplicates with it for anything, ever, except Allah responds to him." [Sunan At-Tirmidzi no. 3505]



Seeking Refuge with Allah

قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ① مِنْ شَرِّ مَا خَلَقَ ② وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ ③
وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ ④ وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ ⑤

Say, "I seek refuge in the Lord of daybreak. From the evil of that which He created. And from the evil of darkness when it settles. And from the evil of the blowers in knots. And from the evil of an envier when he envies." [Al-Falaq: 1- 5]

قُلْ أَعُوذُ بِرَبِّ النَّاسِ ① مَلِكِ النَّاسِ ② إِلَهِ النَّاسِ ③ مِنْ شَرِّ
الْوَسْوَاسِ الْخَنَّاسِ ④ الَّذِي يُوَسْوِسُ فِي صُدُورِ النَّاسِ ⑤ مِنَ الْجِنَّةِ
وَالنَّاسِ ⑥

Say, "I seek refuge in the Lord of mankind, The Sovereign of mankind. The God of mankind, From the evil of the retreating whisperer - Who whispers [evil] into the breasts of mankind - From among the jinn and mankind." [An-Nas: 1- 6]

Allah's Messenger (ﷺ) said: "No one ever sought refuge (with Allah) by means of anything like them." [Sunan An-Nasaa'i no. 5429]

Seeking Refuge with Allah

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْبَرَصِ وَالْجُنُونِ وَالْجُدَامِ وَمِنْ سَيِّئِ الْأَسْقَامِ

Allahumma inni a'udhu bika minal-barasi, wal-jununi, wal-judhami, wa sayyi'il-asqami'

"O Allah, I seek refuge in You from leprosy, madness, elephantiasis, and evil diseases."

The Prophet (ﷺ) used to say it. [Sunan Abi Daud no. 1554]

Seeking Refuge with Allah

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ زَوَالِ نِعْمَتِكَ وَتَحَوُّلِ عَافِيَّتِكَ وَفُجَاءَةِ
نِقْمَتِكَ وَجَمِيعِ سَخَطِكَ

Allahumma inni a'udhu bika min zawali ni'matika, wa tahawwuli 'afiyatika, wa fuja'ati niqmatika, wa jami'i sakhatika

"O Allah! I seek refuge in You from the withholding of Your favour, the decline of the good health you have given, the suddenness of Your vengeance and from all forms of Your wrath."

The Messenger of Allah (ﷺ) used to supplicate this. [Sahih Muslim no. 5739]

Asking For Goodness From Allah

اللَّهُمَّ رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

Allahumma Rabbanaa 'atinaa fid-dunyaa hasanatan wa fil-'akhirati hasanatan wa qinaa 'athaaban-naar.

"O Allah! Our Lord! Give us in this world that, which is good and in the Hereafter that which is good and save us from the torment of the Fire."

The most frequent invocation of The Prophet (ﷺ).
[Sahih Al-Bukhari no. 6389]

Supplication for One in Distress

اللَّهُمَّ رَحْمَتَكَ أَرْجُو فَلَا تَكِلْنِي إِلَى نَفْسِي طَرْفَةَ عَيْنٍ وَأَصْلِحْ لِي
شَأْنِي كُلَّهُ لَا إِلَهَ إِلَّا أَنْتَ

Allaahumma rahmataka 'arjoo falaa takilnee 'ilaa nafsee tarfata 'aynin, wa 'aslih lee sha'nee kullahu, laa'ilaaha 'illaa 'Anta.

"O Allah! Thy mercy is what I hope for. Do not abandon me to myself for an instant, but put all my affairs in good order for me. There is no god but You."

The Prophet (ﷺ) taught this supplication to be used by one who is distressed. [Sahih Al-Bukhari no. 6389]



Supplication During Difficulty

لَا إِلَهَ إِلَّا اللَّهُ الْعَظِيمُ الْحَلِيمُ لَا إِلَهَ إِلَّا اللَّهُ رَبُّ الْعَرْشِ الْعَظِيمِ لَا
إِلَهَ إِلَّا اللَّهُ رَبُّ السَّمَاوَاتِ وَرَبُّ الْأَرْضِ وَرَبُّ الْعَرْشِ الْكَرِيمِ

Laa 'ilaaha 'illallaahu-'Adheemul-Haleem, laa 'ilaaha 'illallaahu Rabbul-'Arshil-'Adheem, laa 'ilaaha 'illallaahu Rabbus-samaawaati wa Rabbul-'ardhi wa Rabbul-'Arshil-Kareem

There is none worthy of worship but Allah the Mighty, the Forbearing. There is none worthy of worship but Allah, Lord of the Magnificent Throne. There is none worthy of worship but Allah, Lord of the heavens and Lord of the earth, and Lord of the Noble Throne.

The Prophet (ﷺ) used to say this at the time of difficulty. [Sahih Al-Bukhari no. 7431]

Specific Preventive Supplications (recited at designated times)

Ask Allah for Sufficiency (once every night)

ءَامَنَ الرَّسُولُ بِمَا أُنزِلَ إِلَيْهِ مِنْ رَبِّهِ ۚ وَالْمُؤْمِنُونَ كُلُّ ءَامَنَ
بِاللَّهِ وَمَلَائِكَتِهِ ۚ وَكُتُبِهِ ۚ وَرُسُلِهِ ۚ لَا نُفَرِّقُ بَيْنَ أَحَدٍ مِّنْ رُّسُلِهِ ۚ
وَقَالُوا سَمِعْنَا وَأَطَعْنَا ۗ غُفْرَانَكَ رَبَّنَا وَإِلَيْكَ الْمَصِيرُ ﴿٢٨٥﴾ لَا يُكَلِّفُ
اللَّهُ نَفْسًا إِلَّا وُسْعَهَا لَهَا مَا كَسَبَتْ وَعَلَيْهَا مَا اكْتَسَبَتْ رَبَّنَا
لَا تُؤَاخِذْنَا إِنْ نَسِينَا أَوْ أَخْطَأْنَا رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَا إَصْرًا
كَمَا حَمَلْتَهُ عَلَى الَّذِينَ مِنْ قَبْلِنَا رَبَّنَا وَلَا تُحَمِّلْنَا مَا لَا
طَاقَةَ لَنَا بِهِ ۗ وَاعْفُ عَنَّا وَارْحَمْنَا ۗ أَنْتَ مَوْلَانَا
فَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ ﴿٢٨٦﴾

The Messenger has believed in what was revealed to him from his Lord, and [so have] the believers. All of them have believed in Allah and His angels and His books and His messengers, [saying], "We make no distinction between any of His messengers." And they say, "We hear and we obey. [We seek] Your forgiveness, our Lord, and to You is the [final] destination". Allah does not charge a soul except [with that within] its capacity. It will have [the consequence of] what [good] it has gained, and it will bear [the consequence of] what [evil] it has earned. "Our Lord, do not impose blame upon us if we have forgotten or erred. Our Lord, and lay not upon us a burden like that which You laid upon those before us. Our Lord, and burden us not with that which we have no ability to bear. And pardon us; and forgive us; and have mercy upon us. You are our protector, so give us victory over the disbelieving people." [Al-Baqarah: 285-286]

The Messenger of Allah (ﷺ) said: "Two verses at the end of Surah al-Baqarah, anyone who recites them at night, they would suffice for him."
[Sahih Al-Bukhari no. 5009 and Sahih Muslim no. 807]

Saying During Distress

اللَّهُ اللَّهُ رَبِّي لَا أُشْرِكُ بِهِ شَيْئًا

Allaahu Allaahu Rabbee laa 'ushriku bihishay'an

"Allah, Allah is my Lord. I do not associate anything with Him."

The Messenger of Allah (ﷺ) said: May I not teach you phrases which you utter in distress? [Sunan Abi Daud no. 1525]



Ask for Well-Being and Protection:
(once in the morning and once in the evening)

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَافِيَةَ فِي الدُّنْيَا وَالْآخِرَةِ اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ
وَالْعَافِيَةَ فِي دِينِي وَدُنْيَايَ وَأَهْلِي وَمَالِي اللَّهُمَّ اسْتُرْ عَوْرَاتِي وَآمِنْ
رَوْعَاتِي اللَّهُمَّ احْفَظْنِي مِنْ بَيْنِ يَدَيْ وَمِنْ خَلْفِي وَعَنْ يَمِينِي
وَعَنْ شِمَالِي وَمِنْ فَوْقِي وَأَعُوذُ بِعَظَمَتِكَ أَنْ أُغْتَالَ مِنْ تَحْتِي

Allāhumma innī as'aluka `āfiyata fid-dunyā wal-ākhirati, Allāhumma innī as'aluka 'l-'afwa wal-`āfiyata fī dīnī wa dunyaaya wa ahlī, wa māli, Allāhummastur `awrātī, wa āmin raw'ātī, Allāhummaḥfaznī min bayni yadayya, wa min khalfī, wa `an yamīnī, wa `an shimālī, wa min fawqī, wa a`oodhu bi`āzamatika an 'ughtāla min tahtī.

"O Allah, I ask you for well-being in this world and the Next. O Allah, I ask you for forgiveness and well-being in my deen and in this world and in my family and my property. O Allah, veil my faults and calm my fears. O Allah, give me protection in front of me and behind me, on my right and my left and above me. I seek refuge by Your might from being overwhelmed from under me."

The Messenger of Allah (ﷺ) never failed to utter these supplications in the evening and in the morning. [Sunan Abi Daud no. 5074]

Protection from Harm (three times in the morning and three times in the evening)

بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ وَهُوَ
السَّمِيعُ الْعَلِيمُ

Bismillāh, alladhi lā yaḍurru ma`a ismihi shai'un fil-arḍi wa lā fis-samā', wa huwas-Samī`ul `Alīm

“In the Name of Allah, Who with His Name nothing can cause harm in the earth nor in the heavens, and He is the All-Hearing, the All-Knowing.”

The Messenger of Allah (ﷺ) said: “There is no worshiper who says it, in the morning of every day, and the evening of every night, (except that) nothing shall harm him.” [Sunan Abi Daud no. 5088]

Seeking Refuge with the Perfect Word of Allah
(once in the evening)

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ

'A'udhu bikalimatillahit-tammati min sharri ma khalafa

I seek refuge in the Perfect Words of Allah from the evil of what He has created.

The Messenger of Allah (ﷺ) said: “Had you recited these words in the evening: ... it would not have done any harm to you. [Sahih Muslim no. 2708]

Asking from Allah Security, Safety, Protection & Screen

اللَّهُمَّ إِنِّي أَسْأَلُكَ بِنُورِ وَجْهِكَ الَّذِي أَشْرَقَتْ لَهُ السَّمَاوَاتُ وَالْأَرْضُ أَنْ
تَجْعَلَنِي فِي حِرْزِكَ وَحِفْظِكَ وَجِوَارِكَ وَتَحْتِ كَنْفِكَ

Allaahumma inni as'alu-Ka binur wajhi-Ka allazi asyraaqat lahu as-samaawaatu wa al-ardhu an
taj'alani fi hirzi-Ka, wa hifzi-Ka, wa jiwaari-Ka wa tahta kanafi-Ka

"Oh God, I ask you by the light of Your face, towards which the heavens and the earth shine, to put us in Your security, Your safety, Your protection, and under Your screen"

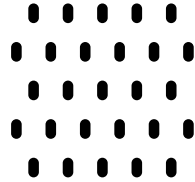
It was among Ibnu Abbas' supplications when he enters the morning.
[Musannaf Ibnu Abi Syaibah no. 30032]

PREVENTIVE MEASURES FROM THE PHYSICAL ASPECT

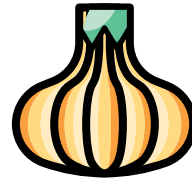
A person can also protect himself from a disease by taking supplements mentioned in the Sunnah or Health Research that can boost up his immune system, such as:



Honey



Habbatus Sauda'

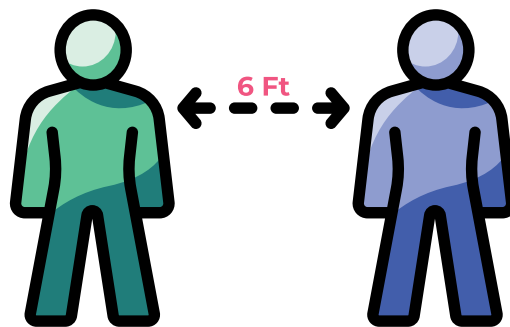


Garlic



Fruits & Vegetables

SOCIAL DISTANCING ACCORDING TO THE HADITH



Allah's Messenger (ﷺ) said, "(There is no 'Adwa (transmitting disease), nor is there any bad omen (from birds), nor is there any Hamah, nor is there any bad omen in the month of Safar, and one should run away from the leper as one runs away from the lion.)"

[Sahih Al-Bukhari no. 5707]

قَالَ رَسُولُ اللَّهِ ﷺ: لَا عَدْوَى وَلَا
طَيْرَةَ وَلَا هَامَةَ وَلَا صَفَرَ وَفِرٍّ مِنَ
الْمَجْدُومِ كَمَا تَفِرُّ مِنَ الْأَسَدِ

What the Prophet (ﷺ) said really meant by saying: "No transmitting disease" is that "no contagious disease is conveyed without Allah's permission". This can be understood from his command at the end of the hadith: **"and you should run away from the leper as you run away from the lion"**, indicating it is a Sunnah to avoid diseases and infected patients.

Methods of disease transmission

There are many ways that diseases can be passed from person to person, and some diseases can be transmitted in more than one way. Sometimes transmission involves direct contact with an infected person, while other times it only requires being near an infected person. Some diseases are not even spread through contact with people at all, but through contact with animals.

Direct

Direct transmission means that the disease is passed directly from one infected person or animal to another person or animal

1. PERSON-TO-PERSON



Person-to-person transmission can occur anytime an infected person touches or exchanges body fluids with another person. For example, kissing can be one method of person-to-person transmission. A pregnant mother can also pass a disease on to her unborn child.

2. DROPLET



Some diseases are spread by coughing or sneezing, which can cause droplets containing the infectious agent to land on nearby people.

Indirect

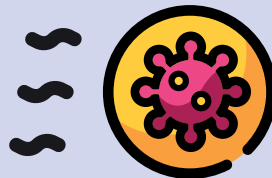
Indirect transmission occurs when a disease is passed from an infected person to another person, even though the two people have not had direct contact

3. FECAL-ORAL



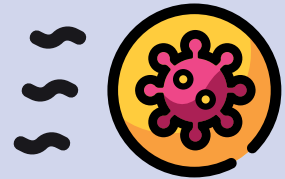
Fecal-oral transmission occurs when feces—often microscopic amounts—are transmitted from an infected person or animal to another person by mouth. This can happen if food workers use the restroom but do not adequately wash their hands before preparing food for customers to eat.

4. AIRBORNE



Sometimes, an infectious agent enters the air when an infected person sneezes, coughs, laughs—or even just breathes—and it can remain in the air for an extended period of time. When another person comes into contact with the agent, this can lead to airborne transmission.

5. FOMITES

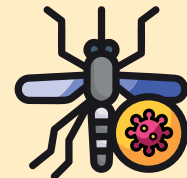


A fomite is an inanimate object that serves as a vehicle to pass an infectious disease from an infected person to a healthy person. For example, a water fountain might become contaminated by the saliva of an infected person and pass that disease on to another person who drinks from it. Other examples of potential fomites include doorknobs, handrails, and shared computer keyboards.

Vector

Vector transmission requires another organism to transmit a disease from person to person or from animal to person. This is a type of zoonotic (animal to person) transmission, but differs from direct zoonosis, in which a vertebrate animal contracts a disease and passes it directly to a person, as with rabies

6. INSECT BITE



Vector-borne diseases are most commonly transmitted by insect bites. For example, mosquitoes acquire malaria parasites by feeding on infected humans and then transfer that infection to other people when they feed again. The plague, which killed tens of millions of Europeans in the fourteenth century, was transmitted from rats to humans through flea bites.

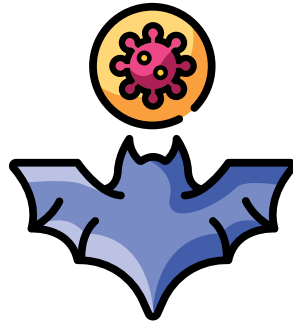
Source: www.nationalgeographic.org/media/methods-disease-transmission

Typical Transmission Methods of Various Pathogens

- HIV 1
- Tuberculosis 2
- Chickenpox 1 2 5
- Zika 1 6
- Ebola 1 2 5
- MRSA 1 5
- Influenza 1 2 4 5
- Measles 1 2 4 5
- E. Coli 1 3
- Lyme Disease 6

Responding to Conspiracy Theories

Social media is rife with conspiracy theories on Covid-19 being manmade. As Muslims, we must believe that any disaster or calamity that befalls us is predestined by Allah The Almighty. Nothing happens without Allah's will. No conspiracy theory nor antichrist nor secret society can harm us except by Allah's will.



قُلْ لَنْ يُصِيبَنَا إِلَّا مَا كَتَبَ اللَّهُ لَنَا هُوَ مَوْلَانَا وَعَلَى اللَّهِ
فَلْيَتَوَكَّلِ الْمُؤْمِنُونَ ﴿٥١﴾

"Say, "Never will we be struck except by what Allah has decreed for us; He is our protector." And upon Allah let the believers rely."
[At-Taubah : 51]

Instead of entertaining these theories, we should focus our efforts on abiding by the authorities' advice: follow the SOPs and do not expose ourselves or others to any harm, because prevention is always better than cure.

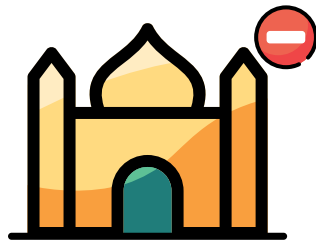
The Sunnah and the Covid-19 SOP

The measures taken by various Governments to prevent the spread of the virus include:

1. Closing of mosque and musolla during the epidemic.
2. Suspension of mass prayers and Jumaat during the epidemic.
3. Distance between prayers in mass prayers during the epidemic.

In Surah Al-Baqarah, verse 239, Allah addressed the manner in which the obligatory prayer can be performed at times of war (walking or riding). This shows that the manner in which an ibadah is performed can change in response to specific situations.

Closing of the mosques and suspending communal prayers or the Jumaat prayer is all about protecting lives from the epidemic. Meanwhile, offering the salah while observing social distancing is the minimum response one can do to uphold the Sunnah of communal prayer instead of leaving it altogether.



Responding Positively to a Lockdown as a Muslim

1

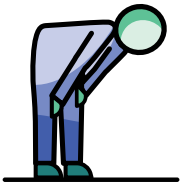
You must be patient and try to stay optimistic



Recite the Qur'an or do Dhikr



Read up on hadiths / Islamic books



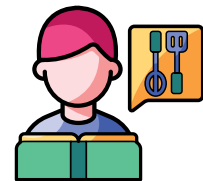
Do a lot of sunnah prayers



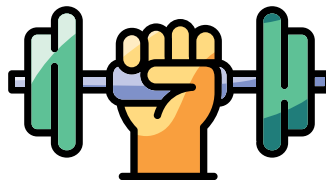
Memorise the Qur'an, supplications, hadiths or invocations



Follow Islamic online classes or courses



Learn or improve life skills



Do routine exercises

3

Supplication taught by the Prophet (ﷺ) when feeling sad or depressed:

For men:

اللَّهُمَّ إِنِّي عَبْدُكَ ابْنُ عَبْدِكَ ابْنُ أَمَتِكَ نَاصِيَتِي بِيَدِكَ مَاضٍ فِي
حُكْمِكَ عَدْلٌ فِي قَضَائِكَ أَسْأَلُكَ بِكُلِّ اسْمٍ هُوَ لَكَ سَمَّيْتَ بِهِ نَفْسَكَ
أَوْ أَنْزَلْتَهُ فِي كِتَابِكَ أَوْ عَلَّمْتَهُ أَحَدًا مِنْ خَلْقِكَ أَوْ اسْتَأْثَرْتَ بِهِ
فِي عِلْمِ الْغَيْبِ عِنْدَكَ أَنْ تَجْعَلَ الْقُرْآنَ رَبِيعَ قَلْبِي وَنورَ صَدْرِي
وَجَلَاءَ حُزْنِي وَذَهَابَ هَمِّي

O Allah, I am Your slave, son of Your male slave, son of your female slave. My forehead is in Your Hand (i.e. you have control over me). Your Judgment upon me is assured and Your Decree concerning me is just. I ask You by every Name that You have named Yourself with , revealed in Your Book , taught any one of Your creation or kept unto Yourself in the knowledge of the unseen that is with You , to make the Qur'an the spring of my heart, and the light of my chest, the banisher of my sadness and the reliever of my distress.

For women, change عَبْدُكَ to أُمَّتِكَ and ابْنُ to بِنْتُ

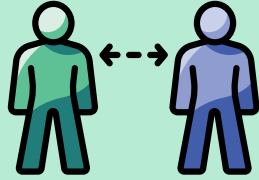


If You Are Being Diagnosed as Covid-19 Positive

DO



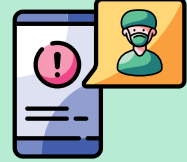
Stay home, avoid public areas and mass transit.



Isolate yourself from others in your home.



Use a separate bathroom, if possible.



Call ahead before visiting the doctor.



Wash your hands often.



Wear a face mask around other people and pets.



Cover coughs and sneezes.

DON'T



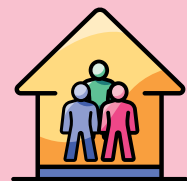
Go outside for any reason.



Let in any non-essential visitors.



Have contact with pets and other animals, if possible.



Share space with housemates, if possible.



Share dishes, utensils, cups, towels or bedding



Go to the doctor without calling ahead.



Discontinue home isolation until instructed.

Going to the Hospital or Clinic



Call ahead before going to the hospital or clinic.



Avoid using public transportation.



Wear mask over your nose and mouth.



Cover your coughs and sneezes.



Clean your hands often.

Supplications When Going Out of The House:

First, raise your gaze to the sky and say:

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ أَنْ أَضِلَّ أَوْ أُضِلَّ أَوْ أَزِلَّ أَوْ أُزَلَ أَوْ أُظْلِمَ
أَوْ أُظْلَمَ أَوْ أَجْهَلَ أَوْ يُجْهَلَ عَلَيَّ

Allāhumma 'innī 'a`ūdhu bika 'an 'aḍilla, 'aw 'uḍalla, 'aw 'azilla, 'aw uzalla, 'aw 'aẓlima,
'aw 'uẓlama, 'aw 'ajhala 'aw yujhala `alayya.

“O Allah! I seek refuge in You lest I stray or be led astray, or slip or made to slip, or cause injustice, or suffer injustice, or do wrong, or have wrong done to me.”

[Sunan Abi Daud no. 5094]



Second:

بِسْمِ اللَّهِ تَوَكَّلْتُ عَلَى اللَّهِ لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

Bismillāhi, tawakkaltu `alallāhi, wa lā ḥawla wa lā quwwata illā billāh.

“In the name of Allah, I trust in Allah; there is no might and no power but in Allah.”

[Sunan Abi Daud no. 5095]

All preventive measures mentioned are to comply to the teaching of the Prophet (ﷺ):

لَا ضَرَرَ وَلَا ضِرَارَ

“There should be neither harming nor reciprocating harm.”

[Sunan Ibni Majah no. 2340]

Supplications During Sickness (to be done by yourself)

First:

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ①
الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ ② الرَّحْمَنِ الرَّحِيمِ ③
مَلِكِ يَوْمِ الدِّينِ ④ إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ ⑤
أَهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ ⑥ صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ
غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ ⑧

"In the name of Allah, the Entirely Merciful, the Especially Merciful. [All] praise is [due] to Allah, Lord of the worlds - The Entirely Merciful, the Especially Merciful, Sovereign of the Day of Recompense. It is You we worship and You we ask for help. Guide us to the straight path - The path of those upon whom You have bestowed favor, not of those who have evoked [Your] anger or of those who are astray."

(take a glass of water, recite surah Al-Fatihah and blow into the glass, then drink the water)

[Sahih Muslim no. 2201]

Second:

قُلْ هُوَ اللَّهُ أَحَدٌ ① اللَّهُ الصَّمَدُ ② لَمْ يَلِدْ وَلَمْ يُولَدْ ③
وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ ④

"Say, "He is Allah, [who is] One, Allah, the Eternal Refuge. He neither begets nor is born, Nor is there to Him any equivalent.""

قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ﴿١﴾ مِنْ شَرِّ مَا خَلَقَ ﴿٢﴾
 وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ ﴿٣﴾ وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ ﴿٤﴾
 وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ ﴿٥﴾

"Say, "I seek refuge in the Lord of daybreak, From the evil of that which He created, And from the evil of darkness when it settles, And from the evil of the blowers in knots, And from the evil of an envier when he envies.""

قُلْ أَعُوذُ بِرَبِّ النَّاسِ ﴿١﴾ مَلِكِ النَّاسِ ﴿٢﴾ إِلَهِ النَّاسِ ﴿٣﴾
 مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ ﴿٤﴾ الَّذِي يُوَسْوِسُ فِي صُدُورِ
 النَّاسِ ﴿٥﴾ مِنَ الْجِنَّةِ وَالنَّاسِ ﴿٦﴾

"Say, "I seek refuge in the Lord of mankind, The Sovereign of mankind. The God of mankind, From the evil of the retreating whisperer - Who whispers [evil] into the breasts of mankind - From among the jinn and mankind.""

(recite all three surahs, blow into your palms, then wipe your palms all over your body)

[Sahih Muslim no. 2192]

Third:

بِسْمِ اللَّهِ

Bismillāh

In the name of Allah (3X)

أَعُوذُ بِاللَّهِ وَقُدْرَتِهِ مِنْ شَرِّ مَا أَجِدُ وَأُحَاذِرُ

A`ūdhu billāhi wa qudratihi min sharri mā ajidu wa uḥādhir.

I seek refuge with Allah and with His Power from the evil that I find and that I fear (7X)

(put your hand on your body where you feel sick while reciting the above invocations with the number of times given)

Supplications During Sickness (to be done by others for the sick person)

First:

لَا بَأْسَ طُحُورٌ إِنْ شَاءَ اللَّهُ

Laa ba'sa ta hoorun 'inshaa'Allaah.

"Don't worry, if Allah wills, it will be expiation (for your sins)"
[Sahih Al-Bukhari no. 5656]

Second:

اللَّهُمَّ رَبَّ النَّاسِ مُذْهِبَ الْبَاسِ اِشْفِ اَنْتَ الشَّافِي لَا شَافِيَ اِلَّا
اَنْتَ شِفَاءً لَا يُغَادِرُ سَقَمًا

Allahumma Rabban-nasi, adhibil-ba'sa, washfi, Antash-Shafi, la shifa'a illa shifa'uka,
shifaan la yughadiru saqaman

"O Allah! The Lord of the people, the Remover of trouble! (Please) cure (Heal)
(this patient), for You are the Healer. None brings about healing but You; a
healing that will leave behind no ailment."
[Sahih Al-Bukhari no. 5742]

Third:

بِاسْمِ اللَّهِ أَرْقِيكَ مِنْ كُلِّ شَيْءٍ يُؤْذِيكَ مِنْ شَرِّ كُلِّ نَفْسٍ أَوْ عَيْنٍ
حَاسِدٍ اللَّهُ يَشْفِيكَ بِاسْمِ اللَّهِ أَرْقِيكَ

Bismillahi arqika, min kulli shay'in yu'dhika, min sharri kulli nafsin aw 'ayni hasidi, Allahu
yashfika, bismillahi arqika

"With the Name of Allah. I recite over you (to cleanse you) from all
that troubles you, and from every harmful mischief and from the
evil of the eyes of an envier. Allah will cure you; and with the Name
of Allah, I recite over you."
[Sahih Muslim no. 2186]

Fourth:

أَسْأَلُ اللَّهَ الْعَظِيمَ رَبَّ الْعَرْشِ الْعَظِيمِ أَنْ يَشْفِيكَ

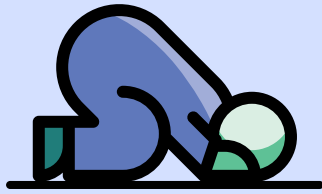
'As'alullaahal-'Adheema Rabbal-'Arshil-'Adheemi 'an yashfiyaka

"I ask Allah The Supreme, Lord of the magnificent throne to cure you." (7x)
[Sunan Abi Daud no. 3106]

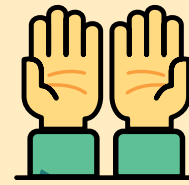


If You Recover From The Virus

- 1 *Be thankful and do sujud syukur*



- 2 *Keep on making supplications to Allah for protection*

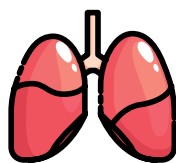


If You Recover From The Virus With Organ Damage

Be patient and hope for the reward of Allah



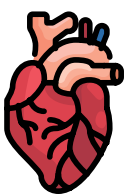
Multi-organ Injuries in COVID-19



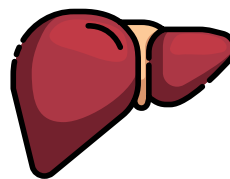
- Extensive edema
- Hyaline membrane formation
- Microthrombi formation
- Cellular fibromyxoid exudates
- Inflammatory infiltrates
- Organization and fibrosis



- Edema
- Degeneration of neurons



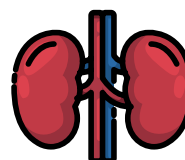
- Edema
- Atrophy of myocardial fibers
- Inflammatory infiltrates



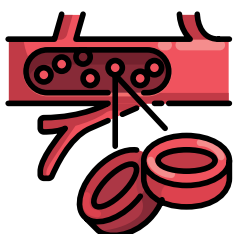
- Cholangiocytes damage



- Focal inflammation
- Inflammation
- Islets damage



- Focal necrosis,
- Vasculitis of small veins



- Permeability increase
- Coagulation activation
- Microcirculation disturbance



- Myofibre necrosis
- Muscle atrophy

Source:
iMedPub Journals 2020 Vol.5 No.3:10

If Your Illness Escalates

Be patient, do not lose hope and know that with every sickness there's cure.

عَنِ النَّبِيِّ ﷺ قَالَ : مَا أَنْزَلَ اللَّهُ دَاءً إِلَّا أَنْزَلَ لَهُ شِفَاءً

The Messenger of Allah (ﷺ) said: **"There is no disease that Allah has created, except that He also has created its treatment."**

[Sahih Al-Bukhari no. 5678]

Know that the test from Allah is the sign of love

قَالَ رَسُولُ اللَّهِ ﷺ : مَنْ يُرِدِ اللَّهُ بِهِ خَيْرًا يُصِبْ مِنْهُ

The Messenger of Allah (ﷺ) said: **"If Allah wants to do good to somebody, He afflicts him with trials."**

[Sahih Al-Bukhari no. 5645]

Know that the test from Allah is a way to Paradise

قَالَ رَسُولُ اللَّهِ ﷺ : إِنَّ الْعَبْدَ إِذَا سَبَقَتْ لَهُ مِنْ اللَّهِ مَنزِلَةً لَمْ يَبْلُغْهَا بِعَمَلِهِ ابْتِلَاةُ اللَّهِ فِي جَسَدِهِ أَوْ فِي مَالِهِ أَوْ فِي وَلَدِهِ ثُمَّ صَبَّرَهُ عَلَى ذَلِكَ حَتَّى يُبْلِغَهُ الْمَنزِلَةَ الَّتِي سَبَقَتْ لَهُ مِنَ اللَّهِ تَعَالَى

The Messenger of Allah (ﷺ) said: **"When Allah has previously decreed for a servant a rank which he has not attained by his action, He afflicts him in his body, or his property or his children. He then enables him to endure that. So that He may bring him to the rank previously decreed from him by Allah".**

[Sunan Abi Daud no. 3090]

Know that the test from Allah cleans sins and wrongdoings

عَنْ أَبِي هُرَيْرَةَ عَنْ رَسُولِ اللَّهِ ﷺ يَقُولُ : مَا يُصِيبُ الْمُؤْمِنَ مِنْ وَصَبٍ وَلَا نَصَبٍ وَلَا سَقَمٍ وَلَا حَزَنٍ حَتَّىٰ أَلْهَمَ يَهُمُّهُ إِلَّا كُفِّرَ بِهِ مِنْ سَيِّئَاتِهِ

The Messenger of Allah (ﷺ) said: **"A believer is not stricken with discomfort, hardship or illness, grief, or even with mental worry, unless his sins are expiated for him."**

[Sahih Muslim no. 2807]

Be aware Satan's deceiving thoughts

عَنْ جَابِرٍ قَالَ سَمِعْتُ النَّبِيَّ ﷺ قَبْلَ وَفَاتِهِ بِثَلَاثِ يَوْمٍ يَقُولُ : لَا يَمُوتَنَّ أَحَدُكُمْ إِلَّا وَهُوَ يُحْسِنُ بِاللَّهِ الظَّنَّ

Jabir reported: I heard Allah's Apostle (ﷺ) as saying three days before his death: **None of you should court death but only hoping good from Allah.**

[Sahih Muslim no. 2877]

Always have good faith in Allah

قَالَ رَسُولُ اللَّهِ ﷺ إِنَّ اللَّهَ يَقُولُ : أَنَا عِنْدَ ظَنِّ عَبْدِي بِي وَأَنَا مَعَهُ إِذَا دَعَانِي

Allah's Messenger (ﷺ) as saying that Allah thus stated: **"I live in the thought of My servant as he thinks of Me and with him as he calls Me."**

[Sahih Muslim no. 2675]

Don't ask Allah for a quick death

Allah's Messenger (ﷺ) said: **"None of you should make a request for death because of the trouble in which he is involved, but if there is no other help to it, then say: (O Allah, keep me alive as long as there is goodness in life for me and bring death to me when there is goodness in death for me).**

[Sahih Muslim no. 2680]

Remind yourself about the reality of life in this World

قَالَ رَسُولُ اللَّهِ ﷺ : يُؤْتَى بِأَنَعَمِ أَهْلِ الدُّنْيَا مِنْ أَهْلِ النَّارِ يَوْمَ الْقِيَامَةِ فَيُصْبَغُ فِي النَّارِ صَبْغَةً ثُمَّ يُقَالُ يَا ابْنَ آدَمَ هَلْ رَأَيْتَ خَيْرًا قَطُّ هَلْ مَرَّ بِكَ نَعِيمٌ قَطُّ فَيَقُولُ لَا وَاللَّهِ يَا رَبِّ . وَيُؤْتَى بِأَشَدِّ النَّاسِ بُؤْسًا فِي الدُّنْيَا مِنْ أَهْلِ الْجَنَّةِ فَيُصْبَغُ صَبْغَةً فِي الْجَنَّةِ فَيُقَالُ لَهُ يَا ابْنَ آدَمَ هَلْ رَأَيْتَ بُؤْسًا قَطُّ هَلْ مَرَّ بِكَ شِدَّةٌ قَطُّ فَيَقُولُ لَا وَاللَّهِ يَا رَبِّ مَا مَرَّ بِي بُؤْسٌ قَطُّ وَلَا رَأَيْتُ شِدَّةً قَطُّ

Allah's Messenger (ﷺ) said that **one amongst the denizens of Hell who had led a life of ease and plenty amongst the people of the world would be made to dip in Fire only once on the Day of Resurrection and then it would be said to him: “O, son of Adam, did you find any comfort, did you happen to get any material blessing?” He would say: “By Allah, no, my Lord”. And then that person from amongst the persons of the world be brought who had led the most miserable life (in the world) from amongst the inmates of Paradise. and he would be made to dip once in Paradise and it would be said to him. “O, son of Adam, did you face, any hardship? Or had any distress fallen to your lot?” And he would say: “By Allah, no, O my Lord, never did I face any hardship or experience any distress”.**

[Sahih Muslim no. 2807]

PERFORMING YOUR IBADAH DURING SICKNESS

Different rulings for sick person according his/her situations:

Purification:

If the sick person unable to perform cleansing, or ablution, or ghusl by himself/herself, he/she can be assisted by others.

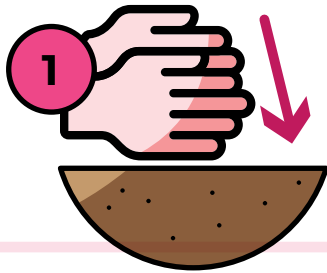
It is Sunnah to pour some water into your palms before wiping them on the body parts to be washed. This minimises water wastage.

If any part of the body is covered by a bandage, simply wipe over the covering with damp hands.

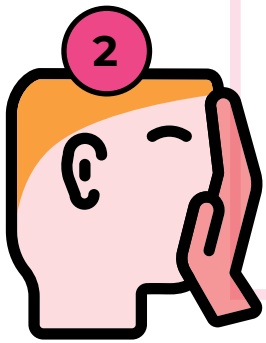
If contact with water aggravates the sickness, then perform tayammum. If the sick person cannot perform the tayammum by himself/herself, he/she can be assisted by others.

"But if you are ill or on a journey or one of you comes from the place of relieving himself or you have contacted women and do not find water, then seek clean earth and wipe over your faces and hands with it. Allah does not intend to make difficulty for you, but He intends to purify you and complete His favor upon you that you may be grateful." [Al-Maaidah : 6]

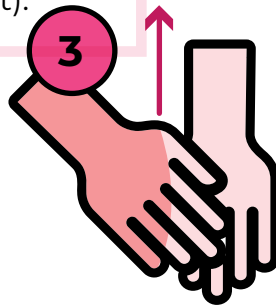
Tayammum



The Sunnah way in doing the tayammum is by striking your palm once on clean dirt (dry soil), shaking off the excess, then wiping over your face and the back of your palms (starting with the right).



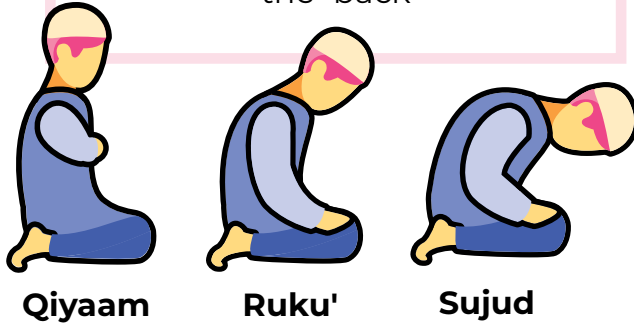
If clean dust is not readily available, it is permissible to perform tayammum by wiping over the wall, bed sheet or any item covered with dust.



If the sick person can neither perform ablution or tayammum, nor is there anyone to assist him/her, then his prayer will still be sufficient. If the sick person cannot change his impure clothes, or be cleansed of filth (whether from the body, coverings or bed), his prayer will still be sufficient.

Solat/Prayer

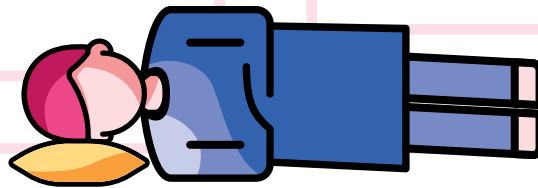
If the sick person cannot perform the Salah standing, he/she can Salah sitting down, lying on the side, or lying on the back



The sick person can pray by sitting in whatever position is easy for him/her, whether crossed legged or with legs outstretched. The ruku' and the sujud are done by leaning the upper part of the body forward, with the sujud to be lower than the ruku'.

When praying by lying on the side, the sick person should lie on the right side of his/her body and, if possible, try to face the qiblah. The ruku' and the sujud are done by signalling with the head, with the inclination of the head during sujud to be lower than the ruku'.

If the sick person can do none of the above, he/she can pray while lying on the back. Look up to the ceiling and pick three points: one to signify the position of qiyaam, the second for ruku' and the third for sujud, in descending order.



Kiblah should be observed always when performing the Salat. But if it is not possible, then the sick person can pray towards any direction easy for him/her. The sick person must also observe the prayer time to the best of his/her ability.

However, if he/she has difficulty to make taharah for every salah, then it is permissible for him to delay the Zohor prayer at the end of its time to the early time of Asar, so they can be performed with one taharah. The same can be done with Maghrib and Isyak prayers.

Fasting

These are the three scenarios of fasting for the sick person:

1

If there is neither difficulty nor harm for him to fast, then it is **obligatory** upon him to fast.

2

If there is some difficulty for him to fast, then it is **not encouraged** upon him to fast.

3

If the fasting will do more harm to him, then it is **forbidden** upon him to fast.



If he has to break his fast, then the following rulings must be observed:



If the sickness is curable, then he can wait after recovery to replace the missed fasts.



If the sickness is chronically incurable, then he has to feed the poor the equivalent of **600 grams** of the local staple food (e.g. rice, wheat or similar) to replace the fasting that was missed.



The sick person or his family members must keep track of the days he missed/broke his fast.

IF YOUR CONDITION WORSENS & YOU FEEL DEATH IS NEAR

Repent to Allah & ask for forgiveness for your sins and wrongdoings

From the Prophet of Allah (ﷺ), he said: **"Indeed Allah accepts the repentance of a slave as long as (his soul does not reach his throat)."**

[Sunan At-Tirmidzi no. 3537]

Apologize to whoever you may have wronged

Abu Huraira reported Allah's Messenger (ﷺ) as saying: **"Do you know who is bankrupt?"**. They (the Companions of the Holy Prophet) said: A bankrupt man amongst us is one who has neither dirham with him nor wealth. He (the Holy Prophet ﷺ) said: **"The bankrupt of my Umma would be he who would come on the Day of Resurrection with prayers and fasts and Zakat but (he would find himself bankrupt on that day as he would have exhausted his funds of virtues) since he hurled abuses upon others, brought calumny against others and unlawfully consumed the wealth of others and shed the blood of others and beat others, his virtues would be credited to the account of one (who suffered at his hand). And if his good deeds fall short to clear the account, then his (the other's) sins would be entered in (his account) and he would be thrown in the Hell-Fire."**

[Sahih Muslim no. 2581]

Do as many good deeds as you can

Anas ibn Malik reported that the Prophet (ﷺ) said: **"If the Final Hour comes while you have a shoot of a plant in your hands and it is possible to plant it before the Hour comes, you should plant it."**

[Adab Al-Mufrad no. 479]

Write a will for your beloved ones

Ibn Umar (Allah be pleased with them) reported that Allah's Messenger (ﷺ) said: **"It is the duty of a Muslim who has something which is to be given as a bequest not to have it for two nights without having his will written down regarding it"**

[Sahih Muslim no. 1627]

The Will can be about leaving your possessions to those other than your inheritors, settling debts owed to Allah (fasting, zakat or kaffarah) or others, items for safekeeping belonging to someone else, or advice about Iman and Taqwa, etc.

Continue to say لا إله إلا الله [Lā ilāha illallāh]

Narrated by Mu'adh bin Jabal (Allah be pleased with them): The Messenger of Allah (ﷺ) as saying: **If anyone's last words are "There is no god but Allah" he will enter Paradise.**

[Sahih Muslim no. 1627]

When Death Occurs (During Normal Times)

Upon hearing the news, we utter the words:

إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ ﴿١٥٦﴾

"Indeed we belong to Allah, and indeed to Him we will return."
[Al-Baqarah 155-156]

When visiting family

- **Give ta'ziyah by saying:**

إِنَّ لِلَّهِ مَا أَخَذَ وَلَهُ مَا أُعْطِيَ وَكُلُّ شَيْءٍ عِنْدَ اللَّهِ بِأَجَلٍ
مُسَمًّى فَلْتَصْبِرْ وَلْتَحْتَسِبْ

"To Allah belongs that which He takes and that which He gives, and everything has an appointed time with Allah. Let her be patient and seek reward."

[Sunan An-Nasaa'1 no. 1868]

- **Comfort the family and remind them to say:**

إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ اللَّهُمَّ أَجْرِنِي فِي مُصِيبَتِي
وَأَخْلِفْ لِي خَيْرًا مِنْهَا

"We belong to Allah and to Him shall we return; O Allah, reward me for my affliction and give me something better than it in exchange for it"

[Sahih Muslim no. 918]

- **Do not talk except what is good, because the Angels are asking for effectiveness of your words. [Sahih Muslim no. 920]**
- **Make dua for the deceased by saying (if the deceased is a man):**

اللَّهُمَّ اغْفِرْ لِي ... وَارْفَعْ دَرَجَتَهُ فِي الْمَهْدِيِّينَ وَاخْلُفْهُ فِي
عَقْبِهِ فِي الْغَابِرِينَ وَاغْفِرْ لَنَا وَلَهُ يَا رَبَّ الْعَالَمِينَ وَافْسَحْ لَهُ
فِي قَبْرِهِ وَنَوِّرْ لَهُ فِيهِ

O Allah, forgive ..., raise his degree among those who are rightly guided, grant him a successor in his descendants who remain. Forgive us and him, O Lord of the Universe, and make his grave spacious, and grant him light in it.

(if the deceased is a woman):

اللَّهُمَّ اغْفِرْ لِي ... وَارْفَعْ دَرَجَتَهَا فِي الْمَهْدِيِّينَ وَاخْلُفْهَا فِي
عَقِبِهَا فِي الْغَابِرِينَ وَاغْفِرْ لَنَا وَلَهَا يَا رَبَّ الْعَالَمِينَ وَافْسَحْ
لَهَا فِي قَبْرِهَا وَنَوِّرْ لَهَا فِيهِ

O Allah, forgive ..., raise her degree among those who are rightly guided, grant her a successor in her descendants who remain. Forgive us and her, O Lord of the Universe, and make her grave spacious, and grant her light in it.

[Sahih Muslim no. 920]

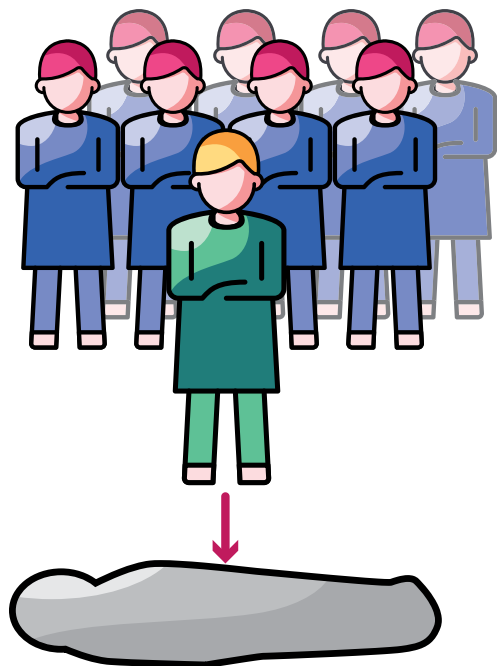
When praying upon the deceased

The body should be placed similar to how it will be placed in the grave (the head directed to the right, the feet directed to the left).

The imam should stand level with the head and shoulders of the deceased male, and level with the abdomen if the deceased is a female. [Musnad Ahmad no. 12701 & Sunan Abi Daud no. 3141]



Deceased Male



Deceased Female

The funeral prayer consists of four takbir and one salam . [Sahih Al-Bukhari no. 1318, Sahih Muslim no. 951]

The Funeral Prayer

1

Recite Al-Fatihah after the first takbir. [Sahih Al-Bukhari no. 1335]

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ① الْحَمْدُ لِلَّهِ رَبِّ
الْعَالَمِينَ ② الرَّحْمَنِ الرَّحِيمِ ③ مَلِكِ يَوْمِ
الدِّينِ ④ إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ ⑤ أَهْدِنَا
الصِّرَاطَ الْمُسْتَقِيمَ ⑥ صِرَاطَ الَّذِينَ أَنْعَمْتَ
عَلَيْهِمْ غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ ⑧

Bismillāhi r-rahmāni r-rahīm. Al ḥamdu lillāhi rabbi l-'ālamīn. Ar rahmāni r-rahīm. Māliki yawmi d-dīn. Iyyāka na'budu wa iyyāka nasta'in. Ihdinā ṣ-ṣirāṭ al-mustaqīm. Ṣirāṭ al-laḍīna an'amta 'alayhim ḡayril maḡḍūbi 'alayhim walāḍ ḍāllīn

"In the name of Allah, the Entirely Merciful, the Especially Merciful. [All] praise is [due] to Allah, Lord of the worlds - The Entirely Merciful, the Especially Merciful, Sovereign of the Day of Recompense. It is You we worship and You we ask for help. Guide us to the straight path - The path of those upon whom You have bestowed favor, not of those who have evoked [Your] anger or of those who are astray."

2

Salawat upon the Prophet (ﷺ) after the second takbir. [Sunan Kubra Al-Baihaqi no. 7043 & Mustadrak Al-Hakim 1/360]

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ
كَمَا صَلَّيْتَ عَلَى آلِ إِبْرَاهِيمَ وَبَارِكْ عَلَى
مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلَى آلِ
إِبْرَاهِيمَ فِي الْعَالَمِينَ إِنَّكَ حَمِيدٌ مَجِيدٌ

Allāhumma ṣalli `alā Muḥammadin wa `alā `āli Muḥammadin, kamā ṣallayta `alā 'Ibrāhīma wa `alā `āli 'Ibrāhīma, wa bārik `alā Muḥammadin wa `alā `āli Muḥammadin, kamā bārakta `alā 'Ibrāhīma wa `alā `āli 'Ibrāhīma, fil `aalamīn, 'in-naka ḥamidum-majīd.

"O Allah, bless Muhammad and the members of his household as You did bless the members of Ibrahim's household. Grant favours to Muhammad and the members of his household as You did grant favours to the members of the household of Ibrahim in the world. You are indeed Praiseworthy and Glorious." [Sahih Muslim no. 405]

3

Dua for the deceased after the third takbir (If the deceased is an adult male):
[Sunan Abi Daud no. 3199]

اللَّهُمَّ اغْفِرْ لَهُ وَارْحَمْهُ وَعَافِهِ وَاعْفُ عَنْهُ وَأَكْرِمْ نُزُلَهُ وَوَسِّعْ مَدْخَلَهُ وَاغْسِلْهُ بِالْمَاءِ وَالتَّلْجِ
وَالْبَرَدِ وَنَقِّهِ مِنَ الْخَطَايَا كَمَا نَقَّيْتَ الثَّوْبَ الْأَبْيَضَ مِنَ الدَّنَسِ وَأَبْدِلْهُ دَارًا خَيْرًا مِنْ دَارِهِ وَأَهْلًا
خَيْرًا مِنْ أَهْلِهِ وَزَوْجًا خَيْرًا مِنْ زَوْجِهِ وَأَدْخِلْهُ الْجَنَّةَ وَأَعِذْهُ مِنْ عَذَابِ الْقَبْرِ أَوْ مِنْ عَذَابِ النَّارِ

"O Allah! Forgive him, have mercy upon him, give him peace and absolve him. Receive him with honour and make his grave spacious; wash him with water, snow and hail. Cleanse him from faults as You wouldst cleanse a white garment from impurity. Requite him with an abode more excellent than his abode, with a family better than his family, and with a mate better than his mate. Admit him to the Garden, and protect him from the torment of the grave and the torment of the Fire." [Sahih Muslim no. 963]

4

Dua for the deceased after the third takbir (If the deceased is an adult female):
[Sunan Abi Daud no. 3199]

For female, change pronouns هُوَ/هُ or هِيَ/هَا which means him/his to هِيَ/هَا which means her/hers

5

Dua for the deceased after the third takbir (If the deceased is a male child):

[Sunan Abi Daud no. 3199]

اللَّهُمَّ اجْعَلْهَا فَرَطًا وَذُخْرًا لَوَالِدَيْهَا وَشَفِيعًا مُجَابًا اللَّهُمَّ ثَقِّلْ بِهَا مَوَازِينَهُمَا وَأَعْظِمْ بِهَا أُجُورَهُمَا
وَأَلْحِقْهَا بِصَالِحِ الْمُؤْمِنِينَ وَاجْعَلْهَا فِي كِفَالَةِ إِبْرَاهِيمَ وَقِفْهَا بِرَحْمَتِكَ مِنْ عَذَابِ الْجَحِيمِ وَأَبْدِلْهَا دَارًا
خَيْرًا مِنْ دَارِهَا وَأَهْلًا خَيْرًا مِنْ أَهْلِهَا اللَّهُمَّ اغْفِرْ لِأَسْلَافِنَا وَأَفْرَاطِنَا وَمَنْ سَبَقَنَا بِالْإِيمَانِ

"O Allah! Forgive him, have mercy upon him, give him peace and absolve him. Receive him with honour and make his grave spacious; wash him with water, snow and hail. Cleanse him from faults as You wouldst cleanse a white garment from impurity. Requite him with an abode more excellent than his abode, with a family better than his family, and with a mate better than his mate. Admit him to the Garden, and protect him from the torment of the grave and the torment of the Fire."

[Sahih Muslim no. 963]

6

Dua for the deceased after the third takbir (If the deceased is an adult female): [Sunan Abi Daud no. 3199]

For female, change pronouns هُ/هُ or هِ/هِ which means him/his to هَا which means her/hers

7

Give salam to the right after the fourth takbir. [Sunan Kubra Al-Baihaqi no. 7063 & Mustadrak Al-Hakim 1/360]

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ

as-salāmu `alaykum wa rahmatullāh

May the peace and mercy of Allah be upon you.

At the Graveyard

1

Women are not encouraged to attend a burial process. [Sahih Al-Bukhari no. 313 & Sahih Muslim no. 938]

2

If a woman must attend, her attire and manners must comply with the Islamic dressing code.

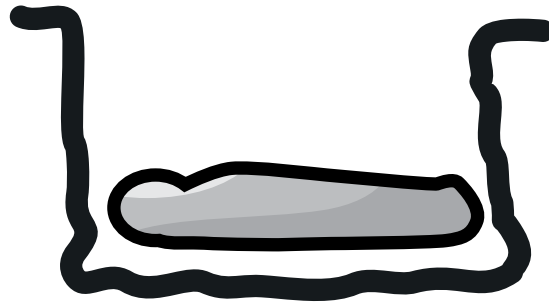
3

Du'a when entering or passing a graveyard:

السَّلَامُ عَلَيْكُمْ أَهْلَ الدِّيَارِ مِنَ الْمُؤْمِنِينَ وَالْمُسْلِمِينَ وَإِنَّا
إِنْ شَاءَ اللَّهُ لَلْآحِقُونَ أَسْأَلُ اللَّهَ لَنَا وَلَكُمْ الْعَافِيَةَ

"Peace be upon you, the inhabitants of the city, among the believers, and Muslims, and God willing we shall join you. I beg of Allah peace for us and for you."

[Sahih Muslim no. 975]



4

Visitors must take off their shoes (if possible) and do not to step or sit on a grave. [Sahih Muslim no. 972 & Sunan An-Nasaai no. 2048]

5

Observing speech during the procession. [Sahih Al-Bukhari no. 1362 & Sahih Muslim no. 2647]

6

Take the opportunity to reflect on own death. [Sahih Muslim no. 977]



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