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### The COVID-19 Pandemic - 3

Last week we discussed the question of, are diseases, viruses, and pandemics anger from Allah and what are the teachings from these pandemics.

Today inshallah we will discuss the curriculum of Islam and how to deal with these contagions and viral diseases, and what we as Muslims must do to face them. Doctors and health professionals tell us that those of us with a strong immune system are able to fight viruses and diseases better than the rest. If you living a life in which you are at peace and tranquil with yourself, your body will be more prepared to fight off these diseases, this is in addition to also maintaining one's overall health.

Here are things we can do to help prepare our bodies and ourselves to fight off these diseases. First, Allah orders us to eat from what is good, and avoid what is harmful. The good is everything that Allah has made Halal or permissible for us to eat, and it will be good for us in our religion, but as well as our bodies. The opposite of that is also true, that whatever Allah has made haram or forbidden, is going to harm our bodies. The proof of this is in the verse (Al-Araaf 157): **Those who follow the Messenger, the unlettered prophet, whom they find written in what they have of the Torah and the Gospel, who enjoins upon them what is right and forbids them what is wrong and makes lawful for them the good things and prohibits for them the evil.** Additionally, the verse (Al-Baqarah 168): **O mankind, eat from whatever is on earth [that is] lawful and good and do not follow the footsteps of Satan. Indeed, he is to you a clear enemy.** The following verse clarifies what is forbidden to you and therefore, harmful to you (Al-Ma'idah 3): **Prohibited to you are dead animals, blood, the flesh of swine, and that which has been dedicated to other than Allah, and [those animals] killed by strangling or by a violent blow or by a head-long fall or by the goring of horns, and those from which a wild animal has eaten, except what you [are able to] slaughter [before its death], and those which are sacrificed on stone altars.**

Secondly, the importance of personal cleanliness as well as general cleanliness overall. Islam put an emphasis and importance on cleanliness and purity to prevent someone from getting sick as well as preventing the spreading of diseases. This is proven in the verse (Al-Baqarah 222): **Indeed, Allah loves those who are constantly repentant and loves those who purify themselves.** From the hadith narrated by Imam Muslim, from Abu Malik Al-Ashaari who says according to the Prophet (saw): Purity is half of one's Iman or Faith. When you want to understand the Islamic Jurisprudence, or deep understanding, the first chapter you will learn about is the essence of purity which is considered the foundation into all forms of worship as a Muslim. The Islamic Jurisprudence or deep understanding begins with the teachings of how to perform ghusul or a full body cleanse, how to perform ablution, how to clean all your body parts, how to wash your hands before and after eating, the use of the miswak. The proof of this is in the verse (Al-Ma'idah 6): **O you who have believed, when you rise to [perform] prayer, wash your faces and your forearms to the elbows and wipe over your heads and wash**

**your feet to the ankles. And if you are in a state of janabah, then purify yourselves.**

According to the hadith relayed by Bukhari from the narration Abu Saeed Al-Khidri that the prophet (saws) said: Ghusul or full body ablution is required by everyone who reaches puberty. From the narration of Al-Nisai that the Prophet (saws) the Miswak is a purifier of the mouth and pleases Allah (swt). Additionally from the narration of Aisha (ra) that the prophet (saws) said these are 10 of the Fitra (which translates to Purity and Innocence). The trimming of ones mustache, the growing of your beard, the use of the Miswak, rinsing of the nose, clipping of the nails, cleansing of the armpit, trimming your private areas, washing between your joints and knuckles, and cleaning your private areas with water from any discharges. These are 10 things we must all do naturally as Muslims. Additionally we should take care in how we store and care for our food as we will ultimately consume, From the narration of Imam Muslim, The Prophet Muhammad (saws) said: Cover your containers of food and drink, for every year a pandemic befalls us, and it will not enter a closed container. Furthermore, cleanse the infrastructures, such as the buildings, homes, factories, mosques, schools, and roads. Everything regarding cleanliness has been present in Islam since 1400 years ago as a way to go about a clean life.

Third, follow the rules of the Doctors and Health leaders so we don't spread the virus, which currently we are being told to quarantine. This was enforced by the Muslims 1400 years ago when there was not the research, labs, and testing that they have today. The Prophet (saws) mandates from the narration of Bukhari and Muslim: If you hear of a plague or pandemic in a land, do not go and visit that land, nor should you leave that land if you are present. Another hadith narrated from Bukhari and Muslim, the Prophet (saws) said: if you are sick do not go visit someone who is not sick to prevent the spread. As the Prophet (saws) tells us: Do not harm and you will not be harmed.

If someone gets sick, they must consult with doctors on what is the proper medication, and treatment, and they must adhere to it, while also relying on Allah (swt) to take care of them. This is proven in the verse (Al-Baqarah 195): **do not throw [yourselves] with your [own] hands into destruction.** From the hadith narrated by Imam Hakim, Imam Ahmad, Al Nisaa amongst others, the Prophet (saws) said: Allah does not send down sickness except that he sends down a cure with it. Those who know will know how to cure it, and those who don't will not, All except for death.

Fourthly, how do we firmly position ourselves as a society. Islam tells us we need to follow the experts in these situations, so for us it would be the doctors and health officials guiding us to help protect the lives of others. This is show in the hadith: The Prophet (ﷺ) said, "The likeness of the man who observes the limits prescribed by Allah and that of the man who transgresses them is like the people who get on board a ship after casting lots. Some of them are in its lower deck and some of them in its upper (deck). Those who are in its lower (deck), when they require water, go to the occupants of the upper deck, and say to them : 'If we make a hole in the bottom of the ship, we shall not harm you.' If they (the occupants of the upper deck) leave them to carry out their design they all will be drowned. But if they do not let them go ahead (with their plan), all of them will remain safe". As a society we are required to look out for one another, that means

the doctors and nurses should care for the patients. The scientists and researchers should test and search for the cure, the young should help the old, the rich should donate to the poor and help those in need. Everyone in a society has a role that brings them closer to Allah. The Prophet (ﷺ) said: The most beloved to Allah (swt) are those who are beneficial to the people.

Finally it is required for all of us as Muslims to rely on Allah (swt) and maintain the rules of the health officials. One must turn to Allah and make supplication to Allah to keep this virus away from us as well as all nations, and to take it away from the whole world. A Muslim must also protect themselves by performing dhikr or the remembrance of Allah as is shown in the Hadith narrated by Abu Dawood and Al Tirmithi that the Prophet (saw) said: There is no servant that wakes up every morning and every night and says, "In the Name of Allah with Whose Name there is protection against every kind of harm in the earth or in the heaven, and He is the All-Hearing and All-Knowing." Nothing can harm them. In another narration by Imam Muslim that Khawla Bin Hakim said: I heard the Prophet (saws) say: Whoever goes somewhere and says 'I seek refuge in the perfect words of Allah from the evil that he From the evil of that which He created' they will be procted in that place as long as they are there. Additionally reading the final 3 Surahs of the Qur'an, and the verse of Al Kursi (The chair), the ending Surah Al Baqara, reciting the remembrances of the morning and night. Allah will protect them all day.

We ask Allah to keep us protected and safe during these times.