

# Islamic Guidelines on Pandemics

# Safety and Protection of Life

- There is no hardship and even the required worships are given a relief in case of difficulty:
  - Shorten prayers during travel
  - Pray by sitting if not possible or possibility of aggravating any injuries
  - Pray at home in bad weather
  - Fast only if physically can
  - Pilgrimage only if able
- Life including self needs to be protected
- Good hygiene and cleanliness – Prophet's saying, cleanliness is half the faith

# Prophet Muhammad's advice on Pandemics

On many occasions, the Prophet Muhammed advised his companions to value lives as the utmost importance in his numerous sayings (hadiths), urging people to stay away from places where there were epidemics.

“If you hear of an outbreak of plague in a land, do not enter it; but if the plague breaks out in a place while you are in it, do not leave that place.” (Bukhari)

# Quran asks for Patience

“And most certainly shall We try you by means of danger, and hunger, and loss of worldly goods, of lives and of wealth. But give glad tidings unto those who are patient in adversity - who, when calamity befalls them, say, ‘Verily, unto Allah do we belong and, verily, unto Him we shall return.’ It is they upon whom their Sustainer’s blessings and grace are bestowed, and it is they, who are on the right path!” (2: 155-157)