

CORONAVIRUS

PROTECT YOURSELF AND OTHERS



MasjidAlhikmah
AND COMMUNITY CENTRE



www.masjidalhikmah.org.uk



CORONAVIRUS

PROTECT YOURSELF AND OTHERS



PRAY AT HOME IF YOU ARE UNWELL

COUGH



SHORTNESS OF BREATH



FEVER



DUAA FOR PROTECTION FROM ILLNESS

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْبَرَصِ
وَالْجُنُونِ وَالْجُدَامِ وَمِنْ سَائِرِ الْأَسْقَامِ.

*Allahumma Inni a'udhu bika minnal-barasi,
wal-jununi, wal-judhami, wa sayy'il-asqaam*

*O Allah! I seek refuge in You from
leucoderma, insanity, leprosy and
evil diseases.*



**Please join us in sharing and reciting the
above Du'a to protect and care for one another**

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PROTECT YOURSELF AND OTHERS

OUR COMMITMENT TO YOU

Keep you informed and updated

Twice daily cleaning of key touch points in the Masjid

To provide self-isolation help

YOUR COMMITMENTS TO US

If you are UNWELL pray at HOME

Make wudu at home

Avoid shaking hands & hugging

STOP THE SPREAD



COVER MOUTH
AND NOSE
WHEN SNEEZING
WITH A SLEEVE
OR A TISSUE



DISCARD
USED TISSUES



WASH HANDS



AVOID TOUCHING
YOUR FACE

SELF-ISOLATION HELP



**NEED HELP AT HOME WHILE SELF-ISOLATING?
CONTACT US, WE WILL TRY TO HELP**

[FORM.JOTFORM.COM/200755095645358](https://form.jotform.com/200755095645358)

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FOR MEDICAL ADVICE



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