

THE MUSLIMS' COVID-19 HANDBOOK

A GUIDE ON HOW TO DEAL WITH THE
COVID-19 PANDEMIC FROM AN ISLAMIC
PERSPECTIVE

PUBLISHED IN CONSULTATION WITH SENIOR
SCHOLARS

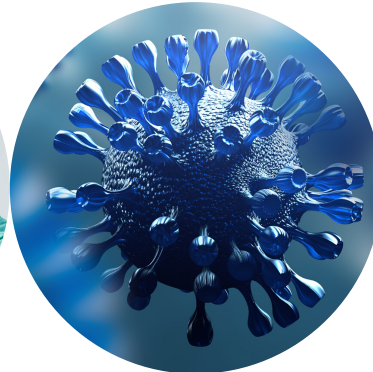


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INTRODUCTION

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In name of Allah, the Most Beneficent, the Most Merciful.

All praise belongs to Allah alone. We ask for His help, blessings and guidance. May Allah bless the messenger Muhammad, elevate his mention, honour him and protect him.

The current coronavirus pandemic has spread rapidly across the globe, completely changing people's lives. This also includes the Muslim community, who have been affected in a variety of ways.

In writing this booklet, we aspire to bring hope to the community by the will of Allah and impart practical tips that are grounded in sound Islamic principles and knowledge.

The aims of this booklet are to:

- Strengthen our imaan and spiritual connection with Allah during this time.
- Ensure we are best prepared to deal with all eventualities for ourselves and loved ones.

May Allah make this a time in which we become closer to Him. May He protect us, our loved ones and the wider community from harm. Finally, we ask Him to forgive all of those who have passed away and have mercy on them.

Golden times



The Prophet ﷺ told us:

"The one who stays in their land at the time of a plague*, has patience, seeks reward, knowing fully that nothing will afflict him except that which Allah decreed for him; he will be given the reward like that of a martyr."

[Saheeh Al-Bukhari (3474)]

**Many scholars have said that a pandemic comes under the ruling of a plague. We hope that Allah, out of His generosity, rewards those who follow these conditions like He would reward the victims of a plague.*

To get this mighty reward a person needs to:



1. Remain in their land



2. Be patient



3. Seek reward from Allah



4. Believe that nothing would befall a person except what Allah has decreed

This hadith covers three groups of people:



A person who dies from the disease



A person who recovers from the disease



A person who is not afflicted with the disease at all

[Fathul Bari (1/538)]

PREVENTATIVE MEASURES

Spiritual protection

Praying Fajr on time

The Prophet ﷺ said:
"Whoever prays Fajr is in the
protection of Allah."

[Saheeh Muslim (657)]



Praying Duha

Allah said: "O Son of Adam: Perform four rak'ah
(Duha prayer) for Me in the beginning of the day; I
will suffice you for the latter part of it."

[At-Tirmidhi (475) and authenticated by Adh-Dhahabi in As-Siyar (8/323)]

NB: The time for Duha begins after sunrise and ends 10 minutes
before Dhuhr time starts. It is prayed in two units.

Prophetic du'a to recite before leaving the house

بِسْمِ اللَّهِ تَوَكَّلْتُ عَلَى اللَّهِ، وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

Bismillaahi tawak'altu 'alAllaah, wa laa hawla wa laa quwwata illaa billaah

In the Name of Allah, I place my trust in Allah, and there is no strength to do
good nor any power to resist evil except by (the Assistance of) Allah.

"Whoever recites this du'a, it is proclaimed to him, 'You have been guided, you have been
sufficed (i.e. your needs have been taken care of), you have been protected'
and Shaytan leaves his path."

[Abu Dawood, (5095) & authenticated by Ibn Al Qayyim in Zad Al-Ma'ad (2/335)]

Prophetic du'a to preserve blessings

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

Allaahumma innee a'oodhu bika min zawaali ni'matik, wa tahaw-wuli
'aafiyatik, wa fujaa'ati niqmatik, wa jamee'i sakhatik

O Allah, I seek Your protection from the withdrawing of Your blessing, from
the loss of the well-being that You granted me, the sudden onset of Your
wrath, and anything that may lead to Your displeasure.

[Saheeh Muslim (2739)]

PREVENTATIVE MEASURES

Spiritual protection

Prophetic du'a for protection against diseases

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْبَرَصِ وَالْجُنُونِ وَالْجُذَامِ وَمِنْ سَيِّئِ الْأَسْقَامِ

Allaahumma innee a'oodhu bika minal barasi wal-junooni wal-judhaami
wa min say'yi' il-asqaam

O Allah, I seek Your protection from leukoderma, insanity, leprosy and
from evil diseases.

[Abu Dawood (1554) & authenticated by An-Nawawi in Al-Adhkar (p.483)]

Prophetic du'a for protection against calamities

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ جَهْدِ الْبَلَاءِ، وَدَرَكِ الشَّقَاءِ، وَسُوءِ الْقَضَاءِ، وَشَمَاتَةِ الْأَعْدَاءِ

Allaahumma innee a'oodhu bika min jahdil balaa', wa darakish'shaqaa', wa
soo-il qadaa', wa shamaatatil 'a-daa'

O Allah, I seek Your protection from the difficulties of severe
calamities, from a bad fate, from a bad end and from the malicious joy of
enemies.

[Saheeh Al-Bukhari (6347)]

Du'a of Yunus

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

Laa ilaaha illaa anta subhaanaka innee kuntu min adh'dhaalimeen

There is none worthy of worship but You, You are perfect and above any
deficiency, surely I was from the wrongdoers.

The Prophet ﷺ said: "No Muslim says this du'a concerning anything, but Allah will answer his
prayer."

[Surah Al-Anbiya:87] & [At-Tirmidhi (3505) & authenticated by Ibn Hajr in Al-Futuhaat Ar-Rabaaniyyah (4/11)]

PREVENTATIVE MEASURES

Spiritual protection

Prophetic du'as to recite in the morning and evening

The time for the morning remembrance is between Fajr and sunrise, and the time for the evening remembrance is between 'Asr and Maghrib

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

Bismillaahil ladhi la yadur'ru ma'asmihi shay'un fil-ardi wa la fis'samaa'i
wa huwas-samee'ul 'aleem

In the Name of Allah with Whose Name nothing can harm on earth or in heaven, and He is the All-Hearing, All-Knowing.

"The one who recites it three times in the morning and evening, nothing will harm him."

[At-Tirmidhi (3388) & authenticated by him]

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

Allaahumma innee as-alukal 'aafiyata fid'dunyaa wal aakhirah, Allaahumma innee
as-alukal 'afwa wal'aafiyata fee deenees wa dunyaaya wa ahlee wa maalee,
Allaahum'mastur 'awraatee wa aamin raw'aatee, Allaahumma hfaadhnee min bayni
yaday'ya, wa min khalfee wa 'an yameenees wa 'an shimaalee, wa min fawqee, wa
a'oodhu bi'adhamatika an ughtaala min tahtee

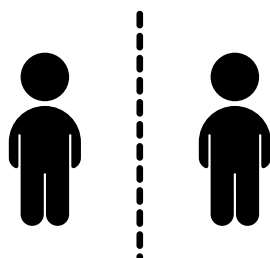
○ Allah, I ask You for well-being in this world and in the Hereafter. ○ Allah, I ask You for
pardon and well-being in my faith, my worldly affairs, my family and my wealth. ○ Allah,
conceal my faults and protect me from that which causes me to worry. ○ Allah, protect me
from what is in front of me and from what is behind me, from my right and from my left, and
from above me, and I seek refuge in Your Greatness lest I be
destroyed from beneath me.

To be recited once in the morning and once in the evening.

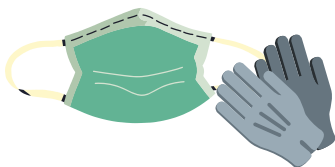
[Abu Dawood (5074) & authenticated by An-Nawawi in Al-Adhkar (p.111)]

PREVENTATIVE MEASURES

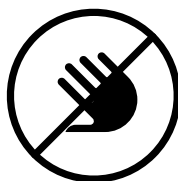
Practical proactive measures

	1. Avoid any place in which a person is likely to contract the disease
 Stay at Home	2. Do not go out unless absolutely necessary <ul style="list-style-type: none">• If you need to go out for necessities, make the visits as infrequently as possible
	3. Practice social distancing <p>“Flee from leprosy like you would flee from a lion.” <small>[Saheeh Al-Bukhari (5707)]</small></p> <ul style="list-style-type: none">• If you need to drop off any essentials to others, leave it on their doorstep and without any contact• Always stay 2 meters apart from others when outside

If you do leave home...



A. Wear protective equipment & dispose of it safely



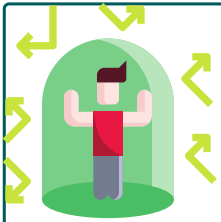
B. Avoid touching your mouth, eyes or nose



C. Sanitise your hands & wash them as soon as you get home

SHOWING SYMPTOMS

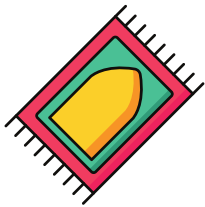
Steps to take when showing symptoms



SELF-ISOLATE!

If you or your loved ones show any symptoms of the disease, it is important to self-isolate as soon as possible to stop the spread of the disease.

Things to do in self-isolation...



Perform extra salah



Recite the Quran



Listen to reminders



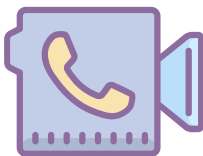
Reflect / journal



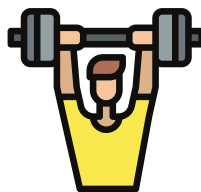
**Remember Allah
& make du'a**



Read beneficial books



Contact family



Exercise



**Learn a new skill
online**



**Remember to stay
well hydrated & rest**

Put your trust in Allah, act upon the guidance of healthcare professionals and do not let fear delay you from seeking urgent help, if you need it.

SHOWING SYMPTOMS

Be positive and connect with Allah

It can wipe out your sins!

The Prophet ﷺ said: "...a calamity will continue to befall a person until he walks on the earth with no sin."

[At-Tirmidhi (2398) & authenticated by him]

A sign of Allah's love

The Prophet ﷺ said: "When Allah loves someone, He tests them."

[At-Tirmidhi (2396) & authenticated by Ibn Muflih in Al-Adaab Ash-Shar'iyyah (2/181)]

Perhaps Allah has a special rank awaiting you in Paradise

The Prophet ﷺ said: "...Surely a person has a (special) status with Allah which he is unable to obtain through good deeds so Allah continues to test him with that which the person dislikes until he obtains it."

[Saheeh Ibn Hibaan (2908) & authenticated by Al-Haitami in Az-Zawajir (1/164)]

In the next life, many will wish that they were tested in this world

The Prophet ﷺ said: "In the next life, those who were safe, sound, secure, had well-being and protection will wish their skins had been cut with scissors, when they see the mighty reward of those who were struck with calamities."

[At-Tirmidhi & authenticated by As-Suyuti in Al-Jami As-Sagheer (7721)]

SHOWING SYMPTOMS

Prophetic du'as and ruqya to recite when sick

Recite Surah Al-Fatihah

Surah Al-Fatihah is a form of ruqya (treatment).

[Saheeh Al-Bukhari (2276)]

Du'a for curing an illness

اللَّهُمَّ رَبَّ النَّاسِ أَذْهِبِ الْبَاسَ، وَاشْفِ أَنْتَ الشَّافِي، لَا شِفَاءَ إِلَّا شِفَاؤُكَ، شِفَاءً لَا يُغَادِرُ سَقَمًا

Allaahumma Rabban-naasi adh-hibil bas, washfi antash-shaafi, laa shifaa-a illaa shifaa-uk, shifaa-an laa yughaadiru saqamaa

Remove the pain, remove the discomfort, O Lord of mankind! Cure this pain for You are the One who provides the cure. There is no cure except the one that is provided by You, grant a cure that does not leave behind any pain or any discomfort.

[Saheeh Al-Bukhari, (5351)]

Du'a for relief from pain

بِسْمِ اللَّهِ

Bismillaah

In the name of Allah.

NB: Place your hand where you feel pain and recite 3 times in Arabic.

أَعُوذُ بِاللَّهِ وَقُدْرَتِهِ مِنْ شَرِّ مَا أَجِدُ وَأُحَازِرُ

A'oodhu billaahi wa qudratihi min sharri maa ajidu wa uhaadhir

I seek refuge with Allah and with His power from the evil that I find and that I fear.

NB: Place your hand where you feel pain and recite 7 times in Arabic.

[Saheeh Muslim, (2202)]

SHOWING SYMPTOMS

Helping people with symptoms

1. Ask Allah to cure them

2. Ask others to make du'a for them*

*An-Nawawi quoted a consensus on its permissibility
[An-Nawawi in Al-Adhkar (p.643)]

3. Giving charity with the hope that Allah will heal them
(charity of food, clothing etc.)

[Saheeh Muslim (901)]

4. Help them in any way you can, whilst ensuring the safety of yourself and others

5. Keep them in a good mood, full of optimism & hope

WHEN SYMPTOMS GET WORSE

Before going to the hospital

Three main steps to take

It is always better to be over prepared than under prepared. Taking the right precautions at this stage will ensure that a person leaves home with no regrets.

1. Leave your family members with any parting advice you have for them

2. Make complete tawbah
(see next page for more details)

3. Share any wishes you would like your family members to carry out



WHEN SYMPTOMS GET WORSE

Making complete repentance (tawbah)

General Repentance

Making general repentance ensures forgiveness for all of one's sins, even if they don't remember each sin individually, as long as:

- 1- if they were to remember the sin, they would repent from it
- 2- the individual doesn't have a love or connection towards the sin.

- Ibn Taymiyyah

[Al Fataawa Al-Kubra (5/279)]

Repentance has two parts:

1) The Rights of Allah

The conditions for the Rights of Allah:



1. Be sincere towards Allah



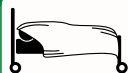
2. Stop doing the sin



3. Regret the sin



4. Having a strong resolve not to repeat the sin



5. Before seeing the Angel of Death

[Sharh Muslim by An-Nawawi (9/20-21), Al-Madaarij (1/192) & Tafseer Ibn Kathir (2/236)]

WHEN SYMPTOMS GET WORSE

Making complete repentance (tawbah)

2) The Rights of the Creation

It requires the conditions stated on the previous page along with making amends with anyone you have wronged in the following two categories:

A. Possessions

- If you have taken or borrowed something that belongs to someone else then you must return it back to them.
- If you no longer have it, then give back its equivalent.
- If giving the equivalent is not possible, then return the current value in money.
- If the person has passed away, then give it to their heir.
- If there is no way of contacting the heir or the person, give the money in charity on the owner's behalf (if they are Muslim).
- If they are not Muslim, then give it in charity (but it does not have to be on their behalf).

B. Honour

- You need to seek forgiveness from anyone you have wronged, physically or verbally, e.g. swearing, backbiting, slandering.
- It is best to apologise to the person directly.
- However, you can make du'a for the person and ask Allah to forgive them if:
 - 1) the person is unaware you have wronged them/apologising will cause more harm than good
 - 2) there is no way to contact them
- Draft the messages or voice notes to send to people as soon as possible. You can help elderly relatives who need to do this by drafting the message for them.
- Example message: "I believe I may have backbitten or thought negative of you, so can you please forgive me..."

WHEN SYMPTOMS GET WORSE

Praying as a sick person

The Prophet ﷺ said: "The first deed for which a person will be brought to account on the Day of Resurrection will be his prayer. If it is good then he will have prospered and succeeded, but if it is bad then he will be doomed."

[At Tirmidhi (413) & authenticated by An-Nawawi in Al-Majmoo' (4/55)]

It is therefore very important that a person does not neglect the prayer during this crucial time.

Please ensure you pack the following in your hospital bag...

- Smartphone (with qiblah & salah times app)
 - Elderly patients should be taught how to use the smart phone, e.g. making video calls, charging the phone, using salah app etc.
- Stone for tayammum
 - Any stones from the earth will suffice
- Prayer mat, toiletries, spare clothes and slippers



Wudu & Tayammum

Do wudu if you have access to water or if it is possible for any water to be brought to you.

If you're wearing an oxygen mask and it cannot be removed, it is sufficient to wipe over it during wudu.

Do tayammum if you have one or more of the following issues:

- You do not have access to water.
- You cannot get to a water source.
- Using water will make the illness worse or delay its recovery.

Performing Tayammum...

1



**Rub your hands
on the
tayammum
stone**

2



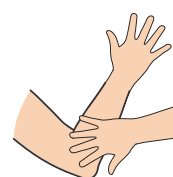
**Then wipe
your face**

3



**Rub your hands
on the
tayammum
stone again**

4



**Then wipe both
hands and arms up to
the elbows.
Tayammum is now
complete**

[As-Sunan Al-Kubra by Al-Baihaqi (1/206)]

WHEN SYMPTOMS GET WORSE

Praying as a sick person

How to pray...

Pray standing as normal.

If you are unable to, then pray sitting.

If you are unable to sit, then pray lying down facing the qiblah on your side - whichever side is easiest. If both sides are the same, then the right side is better.

If that is not possible, then pray lying on your back, with your feet towards the qiblah (if possible), otherwise you can pray lying on your back in any direction.

How to do rukoo' & sujood if you are praying sitting down...

- Tilt your head forward & lower your back for rukoo' & sujood if you are able to
- If you cannot lower your back, then tilting your head will suffice

How to do rukoo' & sujood if you are praying lying down...

- Lower your head for rukoo' & sujood
- Difference between the rukoo' & sujood - the head needs to be a little lower for sujood than it is for the rukoo' in both the sitting & lying position

WHEN SYMPTOMS GET WORSE

Thinking positively of Allah

It is extremely important to think positively of Allah during this critical stage.

The Prophet ﷺ said:

لَا يَمُوتَنَّ أَحَدُكُمْ إِلَّا وَهُوَ يُحْسِنُ بِاللَّهِ الظَّنَّ

“Whenever one of you is dying, they should only have the best thoughts of Allah.”

[Saheeh Muslim (2877)]

The scholars said: "what is meant by thinking positively of Allah, is thinking that He will have mercy on you and forgive you."

[Sharh Muslim (17/210)]

Pointers to enable you to think positively of Allah

1. The benefit of wanting to meet Allah

The Prophet ﷺ said: "One who loves to meet Allah, Allah loves to meet him."

[Saheeh Al-Bukhari (6507) & Saheeh Muslim (2684)]

2. The pain will be completely forgotten

The Prophet ﷺ said: "On the Day of Resurrection, a person who suffered the most in terms of exhaustion, pain, illnesses, oppression, being degraded, humiliation and poverty, this person suffered the most out of all of humanity from the beginning until the end of times. This person will be brought and dipped once into Paradise, and it will be said to him: 'O Son of Adam, did you ever see anything bad? Did you ever experience any hardship?' He will say: 'No, by Allah, O Lord. I never saw anything bad and I never experienced any hardship.'"

[Saheeh Muslim (2807)]

WHEN SYMPTOMS GET WORSE

Pointers to enable you to think positively of Allah:

3. For the person who has repented completely, their departure will be beautiful and full of reassurances

They will also meet their families who were righteous, as it is proven in the prophetic tradition that the souls of the believers meet one another.

[An-Nasaa'i (1833) & authenticated by Ibn Taymiyyah in Al-Fatawaa (5/449)]

4. In the grave

The Prophet ﷺ said: "The believer who is going to be from the people of Jannah (which includes the one who repented completely before he passed away) in his grave he will see his place in Jannah every morning & every evening..."

[Saheeh Al-Bukhari (1379) & Saheeh Muslim (2866)]

5. Accountability on the Day of Resurrection

"When the Prophet ﷺ saw a lady who lost her baby, and when she found her child, she embraced him and fed him. The Messenger of Allah ﷺ said to his companions, 'Do you think that this woman would throw her child in the fire?' We said, 'No, by Allah...' The Messenger of Allah ﷺ said, 'Allah is more merciful to His slaves than this woman is to her child'."

[Saheeh Al-Bukhari (5653) & Saheeh Muslim (6921)]



WHEN SYMPTOMS GET WORSE

Pointers to enable you to think positively of Allah:

6. Allah's mercy on the Day of Resurrection

The Prophet ﷺ said: "Allah has one hundred parts of mercy, of which He sent down one between the jinn, mankind, the animals and the insects, by means of which they are compassionate and merciful to one another, and by means of which wild animals are kind to their offspring. And Allah has kept back ninety-nine parts of mercy with which to be merciful to His servants on the Day of Resurrection."

[Saheeh Muslim (6908)]

7. In Paradise...

The Prophet ﷺ informed us: "A caller will call out (to the people of Paradise) 'You will be healthy and never fall sick; you will live and never die; you will stay young and never grow old; you will feel joy and never feel sorrow.'"

[Saheeh Muslim (2827)]

8. If they have repented but still feel worried...

"The Prophet ﷺ entered upon a young man as he was dying, and said to him: How do you find yourself? He said: I have hope in Allah but I am afraid because of my sins. The Messenger of Allah ﷺ said: "These two feelings (fear and hope) do not coexist in a person's heart in this situation but Allah will give him what he hopes for and keep him safe from what he fears."

[At-Tirmidhi (983) & authenticated by Al-Mundhiree in At Targheeb wat Tarheeb (4/214)]



AT THE HOSPITAL

Things to do at the hospital

- Have patience
- Think positively of Allah
- Keep seeking forgiveness
- Stay on top of your 5 daily prayers
- Make lots of du'a

If you recover from the illness...

Thank Allah

**Perform a prostration
of thankfulness
(Sujood Ash-Shukr)**

**Don't become
complacent & keep
making du'a**

If things do not get better, remain patient, do your best to follow the advice mentioned at the top of this page, and prepare yourself for the possibility of the situation becoming critical.

During the critical stage

Being alone

It is important to note that, the Muslim is never alone. There are two angels (one from behind and one in front) appointed to guard and protect the believer until it is time for the person to leave this world.

[Tafseer Ibn Katheer (8/115)]

The Prophet ﷺ informed us: At the time of death, a large group of angels bring a perfume and a beautiful white shroud from paradise. The Angel of Death sits by the believer's head, and says, 'O good soul, come forth to forgiveness from Allah and His pleasure.' Then the soul comes out in a very calm way; the angels take the soul from the Angel of Death then they place it in the heavenly shroud and apply the heavenly perfume to it. After which, they ascend with the soul towards the skies. In the skies, the soul reunites with their righteous family members who have passed away before them.

[Sahih Ibn Hibaan & authenticated by Ibn Taymiyah in Al Fatawaa (5/449) & Shu'ab Al-Imaan (1/300) by Al-Baihaqi & authenticated by him]

AT THE HOSPITAL

Importance of "*Laa ilaaha ill-Allah*"

The Prophet ﷺ said:

(لَقِّنُوا مَوْتَكُمْ لَا إِلَهَ إِلَّا اللَّهُ)

"Instruct your dying ones to say Laa ilaaha ill-Allah."

[Saheeh Muslim (916)]

Virtue of saying Laa ilaaha ill-Allah before departure

If a believer's final statement is Laa ilaaha ill-Allah before he died and he intended to repent for all of his sins whilst making this statement, then it is hoped all of his sins will be forgiven. This will be a noble ending to his life, he will be saved from any punishment and will be admitted into Jannah directly.

However, this is with the condition that he has returned the rights of the creation.

[Sharh Muslim by An-Nawawi (1/220)] & [Fathul Bari (3/110) & (10/283)]

Do you have to keep repeating "Laa ilaaha ill-Allah"?

An-Nawawi said:

They (the scholars) said: "If he says it once, he does not need to be reminded again unless he says something else after that, in which case he should be reminded again so that it will be the last thing that he says."

[Sharh Muslim by An-Nawawi (6/219)]

When 'Abd-Allah Ibn Al-Mubarak was dying, a man began to prompt him:

"Say, 'Laa ilaaha ill-Allah.'" The man persisted until he became overwhelmed. Ibn Al-Mubarak said: "What you are doing is not good, I fear (if I don't advise you) that you may disturb a Muslim after me. When you prompt me and I respond with 'Laa ilaaha ill-Allah' and I do not say anything else after, then do not prompt me further. However if I speak after it, then prompt me again, so that 'Laa ilaaha ill-Allah' may be my final words."

[Siyar A'laam An-Nubalaa (8/418)]

DEALING WITH DEATH

The first actions to take when you hear the news

1. Be Patient

The Prophet ﷺ said:

إِنَّمَا الصَّبْرُ عِنْدَ الصَّدْمَةِ الْأُولَى

“(True) patience is only when calamity first strikes.”



[Saheeh Al-Bukhari (1283) and Saheeh Muslim (926)]

Ibn Hajar said this statement means:

"If one is able to show patience at the beginning of a calamity when they are about to feel overwhelmed by panic and impatience, then that is the perfect patience which leads to reward."

[Fathul Bari (3/149)]

When hearing about the death of a loved one, a person should avoid having resentment towards Allah. A person should not:

- Feel discontent or anger towards Allah or His decree
- Express discontent verbally, such as by wailing or questioning the situation
- Show discontent physically through actions such as slapping their cheeks, tearing their garment or pulling out their hair

Instead, one should have patience:

- A person may find being struck by a calamity burdensome and dislike it, but they bear it with patience and steadfastness
- They may dislike what they are going through during the hardship, but their faith protects them from becoming discontent

DEALING WITH DEATH

The first actions to take when you hear the news

2. Make the following du'as

Prophetic du'a for loss

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

Innaa lillaahi wa innaa ilayhi raaji'oon.

Allaahumma'jurni fee musibatee wa akhlif lee khairan minhaa

Surely, we belong to Allah and to Him we shall return. O Allah, reward me for my affliction and replace it for me with that which is better.

Umm Salamah heard the Messenger of Allah ﷺ say:

"There is no calamity that befalls one of the Muslims and he responds by saying [The supplication above] except that Allah will compensate him with something better than it."

[Saheeh Muslim (918)]

Prophetic du'a for the deceased

For a male, recite:

اللَّهُمَّ اغْفِرْ لِ [mention the name-male]

وَارْفَعْ دَرَجَتَهُ فِي الْمَهْدِيِّينَ، وَأَخْلُفْهُ فِي عَقِبِهِ فِي الْغَابِرِينَ، وَاعْفِرْ لَنَا وَلَهُ يَا رَبَّ الْعَالَمِينَ،

وَأَفْسَحْ لَهُ فِي قَبْرِهِ، وَنَوِّرْ لَهُ فِيهِ

Allaahummagh-fir li-(mention name)- warfa' darajatahu fil-mahdiyyeen,

wakhlufhu fee 'aqibihi fil-ghaabireen, waghfir lanaa wa lahu yaa rabbal

'aalameen wafsaḥ lahu fee qabrih, wa nawwir lahu feeh.

For a female, recite:

اللَّهُمَّ اغْفِرْ لِ [mention the name-female]

وَارْفَعْ دَرَجَتَهَا فِي الْمَهْدِيِّينَ، وَأَخْلُفْهَا فِي عَقِبِهَا فِي الْغَابِرِينَ، وَاعْفِرْ لَنَا وَلَهَا يَا رَبَّ الْعَالَمِينَ،

وَأَفْسَحْ لَهَا فِي قَبْرِهَا، وَنَوِّرْ لَهَا فِيهِ

Allaahummagh-fir li-(mention name)- warfa' darajatahaa fil-mahdiyyeen,

wakhlufhaa fee 'aqibihaa fil-ghaabireen, waghfir lanaa wa lahaa yaa rabbal

'aalameen wafsaḥ lahaa fee qabrihaa, wa nawwir lahaa feeh.

"O Allah! Forgive so & so; raise his/her station among those who are rightly-guided; and take good care of his/her family that he/she has left behind. O Lord of the Worlds! Forgive him/her and us, make his/her grave spacious, and put light therein for him/her."

[Saheeh Muslim (920)]

DEALING WITH DEATH

The first actions to take when you hear the news

3. Seek forgiveness for them

Seeking forgiveness for parents & others too

The Prophet ﷺ said: "A person will be raised in status in Paradise and will say: "Where did this come from?" And it will be said to them: "From your child praying for forgiveness for you."

[Ibn Maajah (3660) & authenticated by Ibn Katheer in his Tafseer (7/409)]

If you feel guilty that you had shortcomings towards them...

Ibn Taymiyyah said:

"If a servant fell short in respect to their family members, children, neighbours or siblings, then he should make du'a for them & seek forgiveness for them."

[Majmoo Al-Fataawa (11/698)]

4. Give charity on their behalf

There is an agreement amongst the scholars that charity will benefit the deceased.

[Sharh Muslim by An-Nawawi (4/70)]

It is best to give to a cause which will be an ongoing source of charity for them. Examples of ongoing charity projects are: Masjids, wells, water pumps, etc. You can set up an online donation page to collect donations from friends and other family members. Many charities can set these up on your behalf.

DEALING WITH DEATH

Helping other people deal with loss

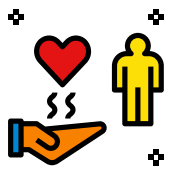


1. Offer condolences & reassure them

- Ensuring that social distancing guidelines should still be followed

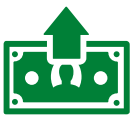


2. Make du'a for the deceased



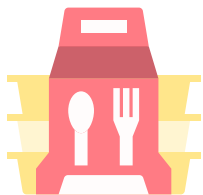
3. Be there for them during this tough time

- You can support them in respect to finance, the funeral processions, any errands they may need help with
- Offer emotional support by checking up on them and comforting them



4. Give charity on their behalf

[Sharh Muslim by An-Nawawi (4/70)]



5. Arrange to get them food

- Do this at a time that is convenient for them
- Giving food to the house of the deceased was a practice encouraged by the Prophet ﷺ

[At Tirmidhi (998) & authenticated by him]

FUNERAL PROCESSIONS

Ibn Qudamah said:

"As for the shaheed who was not killed, such as one who died of a stomach disease, one who died of the plague, one who drowned, one who was crushed by a falling wall and the woman who died in childbirth, they are to be washed and the funeral prayer is to be offered for them. We do not know of any difference of scholarly opinion on this point..."

[Al-Mughni (2/204)]

Washing the dead*

- The minimum requirement for washing the body is for water to reach every part of it.

[Al-Mabsoot (2/229), Al-Fawakih Ad-Dasani (2/668), Tuhfatul Muhtaj (3/98) & Kashaf Al-Qinaa (2/93)]

- If there is fear that people will contract the disease whilst washing the body, then they should do it with caution whilst wearing the correct protective equipment.
- If the body cannot be washed, tayammum must be done.

Shrouding*

- The minimum requirement for shrouding of the body is a single piece of cloth that covers the entire body.

[Saheeh Al-Bukhari (4047), Saheeh Muslim (940), Haashiya Ibn 'Aabideen (3/98); Mawaahib Al-Jaleel (2/266); & Al-Mughni (3/386)]

- If there is not enough cloth available then cover as much of the body as possible, ensuring that the awrah is covered.

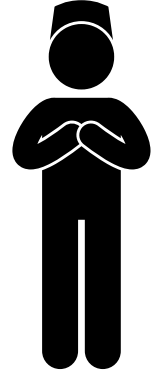
*Please note: Washing and shrouding practices may vary depending on the local funeral services. Please follow the safety guidelines whilst ensuring the religious rights are carried out correctly.

FUNERAL PROCESSIONS

The Funeral Prayer

How to pray the funeral prayer

1. Stand and say "Allahu akbar"
2. Then recite Surah Al-Fatihah or the opening du'a
3. Then say "Allahu akbar" the second time
4. Followed by Allaahumma ṣalli 'alaa Muḥammad (Ibrahimiyyah/durood sharif)
5. Then say "Allahu akbar" the third time
6. Then recite the following prophetic du'a:



For the male:

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 وَعَذَابِ النَّارِ

Allaahummaghfir lahu warḥamh, wa 'aafihi wa'fu 'anh, wa akrim nuzulah, wa wassi' mudkhalah, waghsilhu bilmaa'i waththalji walbarad, wa naqqihi minalkhataayaa kamaa naqqaytath-thawbal-'abyada minad-danas, wa 'abdilhu daaran khayran min daarih, wa 'ahlan khayran min 'ahlih, wa zawjan khayran min zawjih, wa 'adkihilul-jannah, wa 'a'idhhu min 'adhaabil-qabri wa 'adhaabin-naar.

[Saheeh Muslim (963)]

For the female:

اللَّهُمَّ اغْفِرْ لَهَا وَارْحَمْهَا، وَعَافِهَا وَاعْفُ عَنْهَا، وَأَكْرِمْ نُزُلَهَا، وَوَسِّعْ مَدْخَلَهَا، وَاغْسِلْهَا بِالْمَاءِ وَالتَّلْجِ وَالْبَرَدِ، وَنَقِّهَا مِنَ الْخَطَايَا كَمَا نَقَّيْتَ الثَّوْبَ الْأَبْيَضَ مِنَ الدَّنَسِ، وَأَبْدِلْهَا دَارًا خَيْرًا مِنْ دَارِهَا، وَأَهْلًا خَيْرًا مِنْ أَهْلِهَا، وَزَوْجًا خَيْرًا مِنْ زَوْجِهَا، وَأَدْخِلْهَا الْجَنَّةَ، وَأَعِذْهَا مِنْ عَذَابِ الْقَبْرِ وَعَذَابِ النَّارِ

Allaahummaghfir lahaa warḥamhaa, wa 'aafihaa, wa'fu 'anhaa, wa akrim nuzulaha, wa wassi' mudkhalaha, waghsilhaa bilmaa'i waththalji walbarad, wa naqqihaa minalkhataayaa kamaa naqqaytath-thawbal-'abyada minad-danas, wa 'abdilhaa daaran khayran min daarihaa, wa 'ahlan khayran min 'ahlihaa, wa zawjan khayran min zawjihaa, wa 'adkihilhal-jannah, wa-a'idhhaa min 'adhaabil-qabri wa 'adhaabin-naar

[Saheeh Muslim (963)]

FUNERAL PROCESSIONS

The Funeral Prayer

Translation of the funeral du'a:

"O Allah, forgive him/her and have mercy on him/her and give him/her strength and pardon him/her. Be generous to him/her and cause his/her entrance to be wide and wash him/her with water and snow and hail. Cleanse him/her of his/her transgressions as white cloth is cleansed of stains. Give him/her an abode better than his/her home, and a family better than his/her family and a spouse better than his/her spouse. Take him/her into Paradise and protect him/her from the punishment of the grave and from the punishment of Hell-fire."

[Saheeh Muslim (963)]

7. Then say "Allahu akbar" the fourth time

[Musnad Ash-Shaafi'ee (588) & authenticated by Al-Baihaqi in As-Sunan Al-Kubra (4/39)]

8. Then say "Assalamu'alaykum wa rahmatullah" once on your right & you may also do one on the left to finish the prayer

Further points on the funeral prayer

- It is possible for the funeral prayer to be performed in the graveyard.
- The minimum number of people needed for the funeral prayer is one Muslim. [Fathul Mun'im (4/243)]
- Masks can be worn whilst performing the prayer.
- Leaving a gap between worshippers is also valid during the pandemic.
- A hadith states: if 40 people perform the funeral prayer then their intercession will be binding for the deceased. [Saheeh Muslim (948)]
- However, if it is not possible for 40 people to attend due to the regulations, then it is hoped that they will still obtain that virtue with the number of people allowed to attend.
- If it is not possible to have the body present during the funeral prayer, due to quarantine or other restrictions, and no one has performed the funeral prayer on the body, then several classical scholars have allowed the funeral prayer to be offered in absence of the body. [Saheeh Al-Bukhari (3877) & Saheeh Muslim (952)]

FUNERAL PROCESSIONS

Burial

- There is no minimum number of people needed to bury the deceased, from an Islamic perspective. So long as the burial is done then the obligation has been carried out.
[Al-Ijmaa' by Ibn Al-Mundhir (p. 52)]
- The burying of multiple bodies in one grave is allowed, when it is necessary to do so. There are examples of when the Prophet ﷺ did this, when it was required. Hence, if you see this happen at a graveyard know that it's valid.
[Al-Majmoo' by An-Nawawi (5/247) & Saheeh Al-Bukhari (1343)]
- It is disliked to bury the body in a coffin according to a scholarly consensus. However, it is allowed if it is due to a necessity.
[Mughni Al-Muhtaj (1/539)]
- The body should be placed in the grave on its right side, facing the qiblah.

[Al-Muhala by Ibn Hazm (5/173)]

After the burial

- The Prophet ﷺ said: "Pray for forgiveness for your brother, and ask Allah for him to remain firm (in answering the questions by the two angels) for now he is being questioned."
[Abu Dawood (3221) & authenticated by An-Nawawi in Al-Majmoo (5/291)]
- At-Tirmidhi said: "The funeral prayer and making du'a for the deceased after the burial is a form of support for them, as a group of Muslims performing the funeral prayer is like sending soldiers who have gathered outside the door of the King, interceding on his behalf. Then, standing by his grave, asking for him to remain firm is further supporting the soldiers as this is a time wherein the deceased is occupied, for he is now faced with the horrors of that situation & the questioning of the angels."

[Haashiyat Ar-Rawd by Ibn Al-Qassim (3/124)]

AFTER THE FUNERAL

Visiting the graveyard

Prophetic du'a for visiting the graveyard

السَّلَامُ عَلَيْكُمْ أَهْلَ الدِّيَارِ مِنَ الْمُؤْمِنِينَ وَالْمُسْلِمِينَ ، وَإِنَّا إِن شَاءَ اللَّهُ بِكُمْ لِلْآخِرُونَ ،
وَيَرْحَمُ اللَّهُ الْمُسْتَقْدِمِينَ مِنَّا وَالْمُسْتَأْخِرِينَ ، أَسْأَلُ اللَّهَ لَنَا وَلَكُمْ الْعَافِيَةَ

Assalaamu'alaykum 'ahlad-diyaari minal-mu'mineena walmuslimeen, wa 'innaa 'in shaa' Allaahu bikum lalaahiqoon, wa yarhamullaahul-mustaqdimeena minnaa walmusta'khireen, as'alul-laaha lanaa wa lakumul-'aafiyah

Assalamu'alaykum, O inhabitants of the graves, believers and Muslims. We are surely to join you soon insha Allah. May Allah have mercy on those of us who have proceeded and those who are to come. I ask Allah to grant us all well-being and safety.

[Sahih Muslim (974) & (975)]

"Assalamu'alaykum" here means protection from punishment for the inhabitants of the graves, as a person may be punished in the grave even if it be a small amount. So, when you ask Allah for protection for him, he will be protected.

[Sharh Al-Mumtī' (5/259)]

CLOSING STATEMENT

Jazakumullahu khairan for reaching the end. We pray that the content of this booklet is beneficial to both yourself and your loved ones. If you have any comments, corrections or questions regarding any of the content in this booklet then please email us at tazkiyah.publications@gmail.com. We would be delighted to hear from you. We can also provide a print-friendly version of this booklet upon request.

We pray that Allah protects you and your families during this time. May Allah have mercy on all those who have passed away and enter them into Jannah. May He forgive all of our shortcomings, and make this trial a means for us to gain His closeness and pleasure. Ameen.