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PIECES OF ADVICE
ON PROTECTING
YOURSELF FROM
DISEASE

By Shaykh AbduRazzaq Al-Badr,
may Allah preserve him

All praise is due to Allah who responds to the call of the distressed when they invoke Him and Who saves the bewildered when they call upon Him and Who removes harm and relieves burdens. Hearts are not enlivened except through His remembrance, and nothing occurs except by His Permission, and no disliked thing is ridded except by His Mercy, and nothing is preserved except with His Power, and nothing desired is attained except with His Assistance, and no happiness is acquired except through His obedience.

All praise is due to Allah and peace and blessings upon the Prophet Muhammad (ﷺ), his companions and followers.

These are some beneficial pieces of advice as a reminder on the occasion of the people's fear of the pandemic known as the **Coronavirus**.

We ask Allah to relieve all of the Muslims, wherever they are, of all harm and distress, and that He protect us all with what He protects His righteous servants.

ADVICE



Say the Following Three Times in the Morning and Three Times in the Evening

قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ
مَا مِنْ عَبْدٍ يَقُولُ فِي صَبَاحٍ كُلِّ يَوْمٍ وَمَسَاءٍ كُلِّ لَيْلَةٍ
”بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ وَلَا فِي
السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ“ ثَلَاثَ مَرَّاتٍ فَيَضُرُّهُ شَيْءٌ

Bismillāh alladhi lā yaḍurru ma‘a ismihi shay’un
fi’l-arḍi wa la fi’-l-samā’, wa huwa’l-Samī‘ul-`Alīm

The Messenger of Allah (ﷺ) said:

“Whoever recites the following three times in the morning will not be afflicted by any calamity before evening, and whoever recites it three times in the evening will not be overtaken by any calamity by morning:

Bismillāh, alladhi la yaḍurru ma`a ismihi shai’un fil-arḍi wa la fis-samā’, wa huwa’l-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.’ (Tirmidhi)

ADVICE

2

Say Frequently

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

**There is no deity except You; exalted are You.
Indeed, I have been of the wrongdoers.**

La ilaha illa anta subḥanka inni kuntu mina'l-dhālimīn

For Allah says,

وَذَا النُّونِ إِذْ ذَهَبَ مُغَاضِبًا فَظَنَّ أَنْ لَنْ نَقْدِرَ عَلَيْهِ فَنَادَى فِي الظُّلُمَاتِ أَنْ لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

“And [mention] the man of the fish, when he went off in anger and thought that We would not decree [anything] upon him. And he called out within the darknesses, ‘There is no deity except You; exalted are You. Indeed, I have been of the wrongdoers.’

فَاسْتَجَبْنَا لَهُ وَنَجَّيْنَاهُ مِنَ الْغَمِّ ج وَكَذَلِكَ نُنْجِي الْمُؤْمِنِينَ

So We responded to him and saved him from the distress. And thus do We save the believers.” [Surat Al-Anbiya v. 87-88]

Ibn Kathīr said about “And as such we save the believers. If they are in distress and they call upon Us in repentance, especially if they call upon Us with this supplication in moments of distress.”

دَعْوَةُ ذِي النُّونِ إِذْ دَعَا وَهُوَ فِي بَطْنِ الْحُوتِ لَا إِلَهَ إِلَّا
أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ. فَإِنَّهُ لَمْ يَدْعُ بِهَا رَجُلٌ
مُسْلِمٌ فِي شَيْءٍ قَطُّ إِلَّا اسْتَجَابَ اللَّهُ لَهُ

“The supplication of Prophet Yūnus when he supplicated while in the belly of the whale was: ‘There is none worthy of worship except You, Glory to You, Indeed, I have been of the transgressors. (*La ilaha illa anta subḥanka inni kuntu mina’l-dhālimīn*).’ So indeed, no Muslim man supplicates with it for anything, ever, except Allah responds to him.” (Tirmidhi)

Ibn al-Qayyim said in *Al-Fawā'id*, “Nothing repels harm in this world like *tawḥīd*, and as such the supplication of distress is an invocation of *tawḥīd*, and the supplication of Yūnus the one by which no one in distress invokes except that they are relieved is also by *tawḥīd*.”

ADVICE



Seek Refuge from Severe Calamities

عَنِ النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ
تَعَوَّذُوا بِاللَّهِ مِنْ جَهْدِ الْبَلَاءِ، وَدَرَكِ الشَّقَاءِ، وَسُوءِ الْقَضَاءِ،
وَشِمَاتَةِ الْأَعْدَاءِ

The Prophet (ﷺ) said,

“Take refuge with Allah from the difficulties of severe calamities, from having an evil end and a bad fate and from the malicious joy of your enemies.” (Bukhāri)

ADVICE



Consistently Recite the Supplication of Leaving the House

عَنْ أَنَسِ بْنِ مَالِكٍ، أَنَّ النَّبِيَّ صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ قَالَ
”إِذَا خَرَجَ الرَّجُلُ مِنْ بَيْتِهِ فَقَالَ بِسْمِ اللَّهِ تَوَكَّلْتُ عَلَى اللَّهِ لَا
حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ“. قَالَ ”يُقَالُ حِينَئِذٍ هُدَيْتَ وَكُفِّيتَ
وَوُقِيتَ فَتَتَنَحَّى لَهُ الشَّيَاطِينُ فَيَقُولُ لَهُ شَيْطَانُ آخَرَ كَيْفَ
لَكَ بِرَجُلٍ قَدْ هُدِيَ وَكُفِيَ وَوُقِيَ“

Bismillāh tawakkaltu ‘ala Allāh la ḥawla wa la
quwattah illah billāh

Narrated Anas b. Mālik:

The Prophet (ﷺ) said: When a man goes out of his house and says: “In the name of Allah, I trust in Allah; there is no might and no power but in Allah,” the following will be said to him at that time: “You are guided, defended and protected.” The devils will go far from him and another devil will say: How can you deal with a man who has been guided, defended and protected? (Abu Dāwūd)



Asking Allah for Protection in the Morning and the Evening

لَمْ يَكُنْ رَسُولُ اللَّهِ - صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ
 - يَدْعُ هَؤُلَاءِ الدَّعَوَاتِ حِينَ يُمَسِّي وَحِينَ يُصْبِحُ
 اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِي الدُّنْيَا وَالْآخِرَةِ اللَّهُمَّ إِنِّي
 أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِي دِينِي وَدُنْيَايَ وَأَهْلِي وَمَالِي اللَّهُمَّ
 اسْتُرْ عَوْرَاتِي وَآمِنْ رَوْعَاتِي واحفظني من بين يدي ومن
 خلفي وعن يميني وعن شمالي ومن فوقي وأعوذ بك أن
 أُغْتَالَ مِنْ تَحْتِي“

It was narrated that Ibn ‘Umar said:

“The Messenger of Allah (ﷺ) never abandoned these supplications, every morning and evening:

Allāhumma inni as’alukal-‘afwa wal-‘āfiyah fi’l-dunya w’al-ākhirah. Allāhumma inni as’alukal-‘afwa wal-‘āfiyah fi dīni wa dunyāya wa ahli wa māli. Allāhumma astur ‘awrāti, wa āmin raw‘āti wa aḥfadhni min bayni yadayya, wa min khalfi, wa ‘an yamīni wa ‘an shimāli, wa min fawqi, wa a‘ūdhu bika an ughtāla min taḥti

(O Allah, I ask You for protection and well-being in this world and in the Hereafter. O Allah, I ask You for protection and well-being in my religious and my worldly affairs, my family and my wealth. O Allah, conceal my faults, calm my fears, and protect me from in front of me and behind me, from my right and my left, and from above me, and I seek refuge in You from being taken unaware from beneath me).”

(Ibn Mājah)

ADVICE

6

Make a Lot of Du‘ā’

عَنِ ابْنِ عُمَرَ، قَالَ قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ
” مَنْ فُتِحَ لَهُ مِنْكُمْ بَابُ الدُّعَاءِ فَتَحَتْ لَهُ أَبْوَابُ الرَّحْمَةِ وَمَا
سُئِلَ اللَّهُ شَيْئًا يَعْني أَحَبَّ إِلَيْهِ مِنْ أَنْ يُسْأَلَ الْعَافِيَةَ“. وَقَالَ
رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ ” إِنَّ الدُّعَاءَ يَنْفَعُ مِمَّا نَزَلَ
وَمِمَّا لَمْ يَنْزِلْ فَعَلَيْكُمْ عِبَادَ اللَّهِ بِالدُّعَاءِ“

Ibn ‘Umar narrated that the Messenger of Allah (ﷺ) said:

“Whomsoever of you the door of supplication is opened for, the doors of mercy have been opened for him. And Allah is not asked for anything - meaning - more beloved to Him, than being asked for *al-‘Āfiyah* (safety and well-being).” And the Messenger of Allah (ﷺ) said: “The supplication benefits against that which descends (of destiny) or that which does not, so hold fast, O worshippers of Allah, to supplication.” (Tirmidhi)

ADVICE

7

Quarantine

Narrated ‘Abdullāh b. ‘Āmir b. Rabi‘a:

‘Umar b. Al-Khaṭṭāb left for Shām, and when he reached a place called Sargh, he came to know that there was an outbreak of an epidemic (of plague) in Shām. Then ‘Abdu’l-Raḥmān b. ‘Awf told him that Allah’s Messenger (ﷺ) said, “If you hear the news of an outbreak of an epidemic (plague) in a certain place, do not enter that place: and if the epidemic falls in a place while you are present in it, do not leave that place to escape from the epidemic.” So ‘Umar returned from Sargh. (Bukhāri)

لَا يُورَدُ الْمُمْرِضُ عَلَى الْمُصِحِّ

And he ﷺ said,
“The ill should not mix with the healthy”
(Bukhāri and Muslim)

ADVICE



Do Good and Exhibit Excellence

صنائع المعروف تقي مصارع السوء والآفات
والهلكات، وأهل المعروف في الدنيا هم أهل
المعروف في الآخرة

“Acts of goodness protect from evil endings, mistakes and destructive sins. And the people of goodness in this world are the people of goodness in the hereafter.”

(al-Hākim)



The Night Prayer

عَنْ بِلَالٍ، أَنَّ رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ
 ”عَلَيْكُمْ بِقِيَامِ اللَّيْلِ فَإِنَّهُ دَأْبُ الصَّالِحِينَ قَبْلَكُمْ وَإِنَّ قِيَامَ
 اللَّيْلِ قُرْبَةٌ إِلَى اللَّهِ وَمَنْهَاةٌ عَنِ الْإِثْمِ وَتَكْفِيرٌ لِلْسَيِّئَاتِ
 وَمَطْرَدَةٌ لِلدَّاءِ عَنِ الْجَسَدِ“

Bilāl narrated that the Messenger of Allah (ﷺ) said:
 “Hold fast to *qiyām’l-layl*, for it is the practice of the
 righteous before you, and indeed *qiyām’l-layl* is a
 means of nearness to Allah, a means of prevention
 from sin, an expiation for bad deeds, and a barrier
 for the body against disease.” (Tirmidhi)

ADVICE

10

Cover Vessels

عَنْ جَابِرِ بْنِ عَبْدِ اللَّهِ، قَالَ سَمِعْتُ رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ يَقُولُ ” غَطُّوا الْإِنَاءَ وَأَوْكُوا السَّقَاءَ فَإِنَّ فِي السَّنَةِ لَيْلَةً يَنْزِلُ فِيهَا وَبَاءٌ لَا يَمُرُّ بِإِنَاءٍ لَيْسَ عَلَيْهِ غِطَاءٌ أَوْ سِقَاءٌ لَيْسَ عَلَيْهِ وَكَاءٌ إِلَّا نَزَلَ فِيهِ مِنْ ذَلِكَ الْوَبَاءِ “

Jābir b. ‘Abdullāh reported Allah’s Messenger (ﷺ) as saying:

“Cover the vessels and tie the waterskin, for there is a night in a year when pestilence descends, and it does not pass an uncovered vessel or an untied waterskin but some of that pestilence descending into it.” (Muslim)

And in conclusion, a Muslim should surrender their affairs to Allah, hoping for His Grace, and seeking from His Bestowal, and relying on Him, for all matters are in His Hand and His Control.

A person should strives to meet whatever occurs to them with patience and seeking reward from Allah, because

إِنَّمَا يُوفَّى الصَّابِرُونَ أَجْرَهُمْ بِغَيْرِ حِسَابٍ

“Indeed, the patient will be given their reward without account.”
(*al-Zumar* v. 10)

عَنْ عَائِشَةَ، زَوْجِ النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ أَنَّهَا أَخْبَرَتْ أَنَّهَا سَأَلَتْ رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ عَنِ الطَّاعُونَِ فَأَخْبَرَهَا نَبِيُّ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ ” أَنَّهُ كَانَ عَذَابًا يَبْعَثُهُ اللَّهُ عَلَى مَنْ يَشَاءُ، فَجَعَلَهُ اللَّهُ رَحْمَةً لِلْمُؤْمِنِينَ، فَلَيْسَ مِنْ عَبْدٍ يَقَعُ الطَّاعُونَُ فَيَمُوتُ فِي بَلَدِهِ صَابِرًا، يَعْلَمُ أَنَّهُ لَنْ يُصِيبَهُ إِلَّا مَا كَتَبَ اللَّهُ لَهُ، إِلَّا كَانَ لَهُ مِثْلُ أَجْرِ الشَّهِيدِ “

‘Ā’ishah (the wife of the Prophet (ﷺ)) narrated that she asked Allah’s Messenger (ﷺ) about plague, and Allah’s Messenger (ﷺ) informed her saying, “Plague was a punishment which Allah used to send on whom He wished, but Allah made it a blessing for the believers. None (among the believers) remains patient in a land in which plague has broken out and considers that nothing will befall him except what Allah has ordained for him, but that Allah will grant him **a reward similar to that of a martyr.**”

(Bukhāri)