

الْحَمْدُ لِلَّهِ الَّذِي مَنَّ عَلَيْنَا بِصِحَّةِ الْأَعْبَادِ، وَأَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ الرَّحِيمُ الرَّحْمَنُ، وَأَشْهَدُ أَنَّ سَيِّدَنَا وَنَبِيَّنَا مُحَمَّدًا رَسُولَهُ إِلَى الْأَنَامِ، فَاللَّهُمَّ صَلِّ وَسَلِّمْ وَبَارِكْ عَلَيْهِ وَعَلَى آلِهِ وَصَحْبِهِ الْكِرَامِ، وَعَلَى مَنْ تَبِعَهُمْ بِإِحْسَانٍ.

All praises are for Allah, who has bestowed upon us the blessing of healthy bodies. I testify that there is nothing worthy of worship except Allah, the most compassionate, most merciful. And I testify that our Sayyid, our Prophet, Muhammad, is His Messenger until the Last Day. So O Allah send your peace and blessings upon him and upon his noble family and companions. And upon whomsoever follows them in the best of ways till the Last Day.

Humanity & the world is surrounded by threats, in, around, beneath, above & beyond us - on a micro & macro level. Humans think they are invincible & super powers on earth. **But every time something afflicts us/world it is to test & remind us of the greatest Power, Might, Controller & Alleviator of all – Allah ﷻ.** China celebrated its 70th anniversary of Communist Party. Chinese President Xi Jinping said, **“There is no force that can shake the foundation of this great nation.”** Yet only a few weeks later, a microscopic and ‘undeveloped’ capsule shook China and the rest of the world: the coronavirus.

Winds, Tsunamis, Earthquakes, Droughts, Fires, Lightning, Plagues, Birds, Viruses... **“And none knows the soldiers of your Lord except Him.” (74:31)**

Real power lies with Allah ﷻ, our Lord and Creator. This microscopic virus, the smallest and weakest creations of Allah ﷻ, has shaken the world.

Even if a cure is found, the virus has already humiliated the proud & arrogant. Humans & superpowers are defeated, economies & countries are collapsing.

“They have not appraised Allah with true appraisal, while the earth entirely will be [within] His grip on the Day of Resurrection, and the heavens will be folded in His right hand. Exalted is He and high above what they associate with Him”(39:67)

No one is safe from the virus – no country, human being or system. Your life can end due to this virus, so why do you still pursue the world, when you should be turning & running to Allah ﷻ? “So flee to Allah” (51:50)

“Indeed, We have made that which is on the earth adornment for it that We may test them [as to] which of them is best in deed...” (18:7-8)

No one in creation from the beginning until the end has or will live without calamities. This world is not utopia or an easy life – it’s a test & preparation for the hereafter. “[He] who created death and life to test you [as to] which of you is best in deed...”(67:2)

“No disaster strikes upon the earth or among yourselves except that it is in a register before We bring it into being – indeed that, for Allah, is easy. In order that you not despair over what has eluded you and not exult [in pride] over what He has given you. And Allah does not like everyone self-deluded and boastful.” (57:22-23)

Is this punishment from Allah? It could be so for China & it’s treatment to Muslims in Uyghur? & a warning to India – Allah Knows Best. The world watched & remained silent, but Allah is the all seeing & reminding us

So fear them not, but fear Me, if you are [indeed] believers. (3:175)

“Fear the prayer of the oppressed, for there is no barrier.” (Ahmad)

Furthermore, this is a reminder to be merciful to animals & to consume only that which is lawful & beneficial to humanity, not impure animals, creatures or dead animals.

The World Health Organization & governments have issued guidelines on how to protect & prevent infection. But they forget & overlook the Protector of All – Allah ﷻ. With Du’as, following the Sunnah & preventative measures can we truly be protected.

No one can escape Divine Decree (Qada’ & Qadar). But Allah ﷻ has given us the ability to discover the means to protect us. It is Allah who allows those measures to function. So put your trust in Allah ﷻ & continue.

“No disaster strikes except by permission of Allah. And whoever believes in Allah – He will guide his heart. And Allah is Knowing of all things”(64:11) “If Allah should aid you, no one can overcome you; but if He should forsake you, who is there that can aid you after Him? And upon Allah let the believers rely”(3:160)

Finally, Do Not Live In Fear Or Spread Fear. Keep Calm & Carry On – Keep Humble, Keep Safe, Keep Remembering Allah & His Power & Our Return.

Coronavirus Guidelines

Be vigilant, plan – prepare – do not panic

Life is a trust - take care of your health, the family & community

Help prevent the disease from spreading

Pray and trust in Allah – follow the Sunnah

Wash correctly, keep well groomed & hygienic

Read your daily Dua's and teach them to your family

The young & elderly are most at risk – keep their movements & interactions minimal. Limit any unnecessary travelling

If you get sick, self isolate, contact the doctors

Cover your mouth when you sneeze or cough

Throw away the tissue once you've coughed / sneezed

Wash your hands for 20 seconds with anti-bacterial/ sanitiser

Regularly clean "high-touch" surfaces daily, like counters, computers, phones, toilets, and doorknobs etc.

Do not share eating or drinking utensils

Take all precautions but do not be frightened - Remember Allah ﷻ often