

## Ten Recommendations for Prevention & Protection

**By: Dr. Naji Ibrahim Al Arfaj**

- 1- Following the guidance of Allah, the Most High, and the sunnah of Prophet Muhammad ﷺ (may Allah bless him and grant him peace). {Whoever follows My guidance – there will be no fear concerning them, nor will they grieve.} [Quran 2:38]
- 2- Reliance on Allah, trusting in Him, being optimistic, and being content with Allah’s judgment in whatever happens or whatever you are afraid of. {And whoever relies upon Allah, then He is sufficient for him.} [65:3], {Say, “Nothing will happen to us except what Allah has decreed for us; He is our protector,” and let the believers put their trust in Allah.} [9:51]
- 3- Maintaining a good life and a comfortable living that satisfy the Lord of the worlds, by obeying Allah, worshiping and remembering Him, and not disobeying Him or committing sins. {Those who have believed and whose hearts are assured by the remembrance of Allah. Unquestionably, hearts are assured by the remembrance of Allah.} [13:28] In contrast... {And whoever turns away from My remembrance – indeed, he will have a depressed life.} [20:124]
- 4- Avoidance of fear, depression, anxiety, and excessive psychological pressure that lead to the weakening of the body’s immunity.  
*Do not fear anything that has terrified you.  
Be with Allah, and Allah will be with you.*
- 5- Taking care to get enough sleep and rest for the body, and paying attention to personal hygiene (ritual ablutions, purity, and washing).
- 6- Following preventive guidelines and public health, medical, and official instructions; verifying the source of any information and not spreading rumors; avoiding places where the epidemic may be spread, and avoiding contact with those who are affected; ensuring the use of appropriate materials, instruments, medications, sanitizers, and preventive measures.

- 7- Strengthening the body's immune system and stimulating it with a healthy and nutritious diet by eating plenty of vegetables, fruits, citrus fruits, onions, garlic, and beneficial legumes; drinking plenty of pure water; and using anise, ginger, and other crops, as well as products and vitamins that strengthen the body's immunity.
- 8- Preservation of the morning and evening *dhikr* (remembrance of Allah), frequently sending blessings upon the Messenger of Allah ﷺ, and reading and listening to the glorious Quran when at home, when alone, when moving around, and while travelling.
- 9- Fortification of ourselves, our families, our children, and our loved ones with Quranic verses and supplications of the Prophet ﷺ (and teaching these to our children and loved ones).
- 10- Repentance, asking forgiveness, supplication, and submission to Allah. {And turn to Allah in repentance, all of you, O believers, so that you might succeed.} [24:31]

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