



INTERNATIONAL MUSLIM COVID-19 TASK FORCE

JOINT STATEMENT NO. 1

Key Public Health Messages During the COVID-19 Pandemic

For Immediate Release

April 17, 2020

Sha'ban 24, 1441 AH

- ❖ **Avoid gathering** - in mosques, shops, at work, on public transport, in public or private areas including your home with anyone who does not live with you. Physical distancing measures, which sometimes are enforced through regional or national lockdowns, are the single most effective intervention that we have available to reduce the spread of this infection.
- ❖ **Maintain hygiene** - Wash your hands throughout the day with soap and water for at least 20 seconds, or use a hand sanitizer. Clean your house and commonly used surfaces like doorknobs, phones and tables regularly. Avoid touching your face including your eyes, nose and mouth.
- ❖ **Stay informed and follow your local public health guidelines** (as a minimum) - We are all at the frontlines and must do our part to get through this pandemic together. Local, regional and national public health departments will provide the most up-to-date and relevant information to you as the situation evolves. Stay informed via important television press releases, credible websites and apps that have been developed.
- ❖ **Help your health system** - Do not go to the hospital for minor health issues, but also do not avoid going to the emergency department out of fear if you are experiencing symptoms that could be a medical emergency, such as chest pain or difficulty breathing. Buy or develop personal protective equipment (PPE) and ventilators for your local hospital and save medical grade masks e.g. N95 for healthcare workers, who need it most.
- ❖ **Look after yourself and each other** - Apply for subsidies and benefits that may become available to you. Look after your mental health by eating, drinking, sleeping and exercising regularly. Help your neighbours and vulnerable groups including the elderly, homeless and those at risk of domestic violence, while maintaining physical distancing.

We ask Allah ﷻ that He protects us, gives *shifa* to all those afflicted with illness and grants *shahada* to all that succumb, that He guides us to make the right decisions and forgives us for our shortcomings.
Ameen.



Islamic Medical Association of North America



Muslim Medical Association of Canada