

Dr. Muḥammad Ghālib al-'Umaree (Ḥafidhahullāh) said:

Being excessive [or going beyond the bounds of what is reasonable] in following the news related to the corona virus has a negative effect (upon the one who does so), including increasing one's fear and panic.

Along with **turning for refuge to your protector** (Allāh) and **fortification by means of the legislated recitations** [such as **Adhkār as-Ṣabāḥ wal-Masā'** (morning and evening words of remembrance)] - it will suffice you to utilize the means of protection [i.e. observing the medical precautions necessary to avoid contracting this virus, such as washing one's hands thoroughly and frequently with soap and water, etc.].

You should not waste your time in that which will cause you psychological harms, weakening of your certainty (i.e. trust and faith in Allāh), fear and doubts.

"Say: '**Nothing** will afflict us except that which **Allāh** has decreed for us.'"
[Soorah at-Tawbah, 9:51]



د.محمد بن غالب العُمري
@m_g_alomari

الإغراق في تتبع الأخبار المتعلقة بمرض
#كورونا ، له آثار سلبية، من زيادة الخوف،
والهلع.

يكفيك مع الالتجاء للمولى والتحصن بالأوراد
الشرعية، فعل الأسباب.

ولا تضيع وقتك فيما يضرّك أضراراً نفسية،
ويورثك ضعف اليقين، والخوف والوسوسة
﴿قُلْ لَنْ يُصِيبَنَا إِلَّا مَا كَتَبَ اللَّهُ لَنَا﴾

Translate from Arabic

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