#SMART LOCKDOWN

WHY DO MUSLIMS NEED IT?

2nd WAVE
Often more deadly than the 1st because of complacency & risk taking

MORE AFFECTED
Lower socio-economic & vulnerable group disproportionately impacted. We must protect them

UNIQUE FEATURES
We have a few unique features e.g. multi-generational households, mosques and socio-economic disadvantages

All information here is general advice and should be applied in context and with the input of local medical experts and scholars
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3 HADITHS TO REFLECT

1. The Prophet ﷺ said, “A believer should not be stung twice from the same hole.”

Between the lockdown being eased and a COVID-19 vaccine, we are at increased risk of a 2nd wave. We must protect ourselves and learn to live the “new normal” life until a vaccine is developed.

2. The Prophet ﷺ said, “There is no wisdom equal to good planning.”

Certain ethnic or socio-economic groups may be more impacted. We must plan to protect high risk groups and protect the most vulnerable members of our communities.

3. The Prophet ﷺ was walking around the Kaaba and said, “The sanctity of a believer’s blood and property in the sight of Allah is greater than your (the Kaaba) sanctity.”

Post-lockdown & pre-vaccine, we must ensure our lifestyles and decisions do not endanger the safety & lives of others. Stick to activities that would prevent a 2nd wave.

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For Muslim Individuals

- PHYSICAL DISTANCING
  6 feet apart at all times

- AVOID TOUCHING
  Door handles, trolleys etc..

- NO HANDSHAKE
  Say salaam verbally with hand on heart

- WEAR MASKS
  When going out or cover with cloth or scarf

- CLEAN PHONE
  Keys & other objects we touch regularly

- WASH HANDS
  Regularly for 20 seconds

- AVOID VISITING
  Sick people unless allowed by Doctors

- HIGH RISK
  If you are >65 years old or have illnesses that make you high risk, continue to self-isolate
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For Muslim Communities

SAFE BURIALS
Continue with COVID protocol ghusl, limited to immediate non-isolating family members

ONLINE MEETINGS
Avoid physical meetings

AVOID TRAVEL
Unless absolutely necessary

SMALL CELEBRATIONS
Weddings etc… limited to immediate family only

RESTAURANTS
Takeaway service rather than dine in

NO CASH
Use card payments if possible

SHOPPING
Once a week max
Try online shopping

CHOOSE YOUR BUBBLE
Decide on which small group of people (ideally family) will interact with each other

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For Mosques

COVID SAFETY OFFICER
A volunteer entrusted to ensure compliance with safety rules

DOORS OPEN
Separate entrance & exit + open doors

OWN PRAYER MAT
To avoid touching Mosque carpet

WUDHU AT HOME
To avoid touching the taps

MARK SPACES
6 feet apart in ALL directions with tape

ONLINE CLASSES
and Quran classes to remain if possible

MOSQUE TIMES
Short opening times + extra prayers at home

DO NOT COME!
If you are high risk, sick, live with a high risk person or a frontline healthcare worker seeing patients

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10 Steps For Mosques

When the decision is made by Mosque Administrators to reopen. Here are 10 steps to improve safety in post-lockdown, pre-vaccine period if Mosques re-open.

1. **DO YOU FEEL IT IS SAFE?**
   If your committee does not feel it is safe, then you are under no obligation to open.

2. **COVID SAFETY OFFICER**
   Ideally each Mosque should have a volunteer who ensures compliance with safety advice.

3. **DO NOT COME!**
   If you are high risk or live with someone who is, if you are sick or see patients.

4. **LIMITED TIMES**
   Shorten opening times + sunnah at home.

5. **DOORS OPEN**
   Use door stop so no touching of door handles. Try different entrance/ exits.

6. **WUDHU AT HOME**
   To avoid touching the taps, please do wudhu at home.

7. **MARK SPACES**
   Mark 6 feet gaps clearly in all directions using tape or other means, not just between rows.

8. **OWN PRAYER MAT**
   From home to avoid touching Mosque carpet. Also bring your own Quran/ use App.

9. **ONLINE CLASSES**
   If possible, we advise classes & Quran classes to remain online.

10. **FINANCIAL STABILITY**
    Consider starting a campaign to donate money to Mosque for financial stability.

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8th May 2020
Who can go to the Mosque?

Are you a high risk person or living with a high risk individual?
Over 70 years old, frail or has any of the following conditions: chronic lung, heart, kidney, neurological or liver diseases, diabetes, problems with immune system or on immunosuppressant medication and any cancer or organ transplant

NO

Do you have any symptoms of COVID-19?
Temp > 37.8c, dry cough or flu like symptoms

NO

Are you a frontline worker in contact with patients?
Doctors, nurses & staff working in clinical settings. Are you unable to adhere to physical distancing?

NO

Any child under 10 years old

NO

Is your mosque adjusting to the pandemic?
For example, ensuring physical distancing during prayer, restricting opening times etc...

YES

Prayer at Mosques may be possible, but be aware that some risk is still present

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Should I go to the Mosque?

When the decision is made by Mosque Administrators to reopen. Below is a helpful checklist to help you decide whether or not to go to the Mosque in post-lockdown, pre-vaccine period.

- If your Mosque is not taking precautions to prevent infections
- If you are bringing children too young to keep physical distancing
- If you belong to a high risk group or live with an individual who is high risk
- If any symptoms of COVID-19 e.g. fever, cough or flu
- If you are a frontline health care worker exposed to COVID-19

- If your Mosque is putting in place measures to protect public
- > 10 years old to ensure that physical distancing is understood and practiced
- If neither you or anyone in your household belong to a high risk group
- If feeling well with no symptoms
- If you are not exposed to patients regularly and don’t work in a clinical setting

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