

Special
Issue on
COVID-19

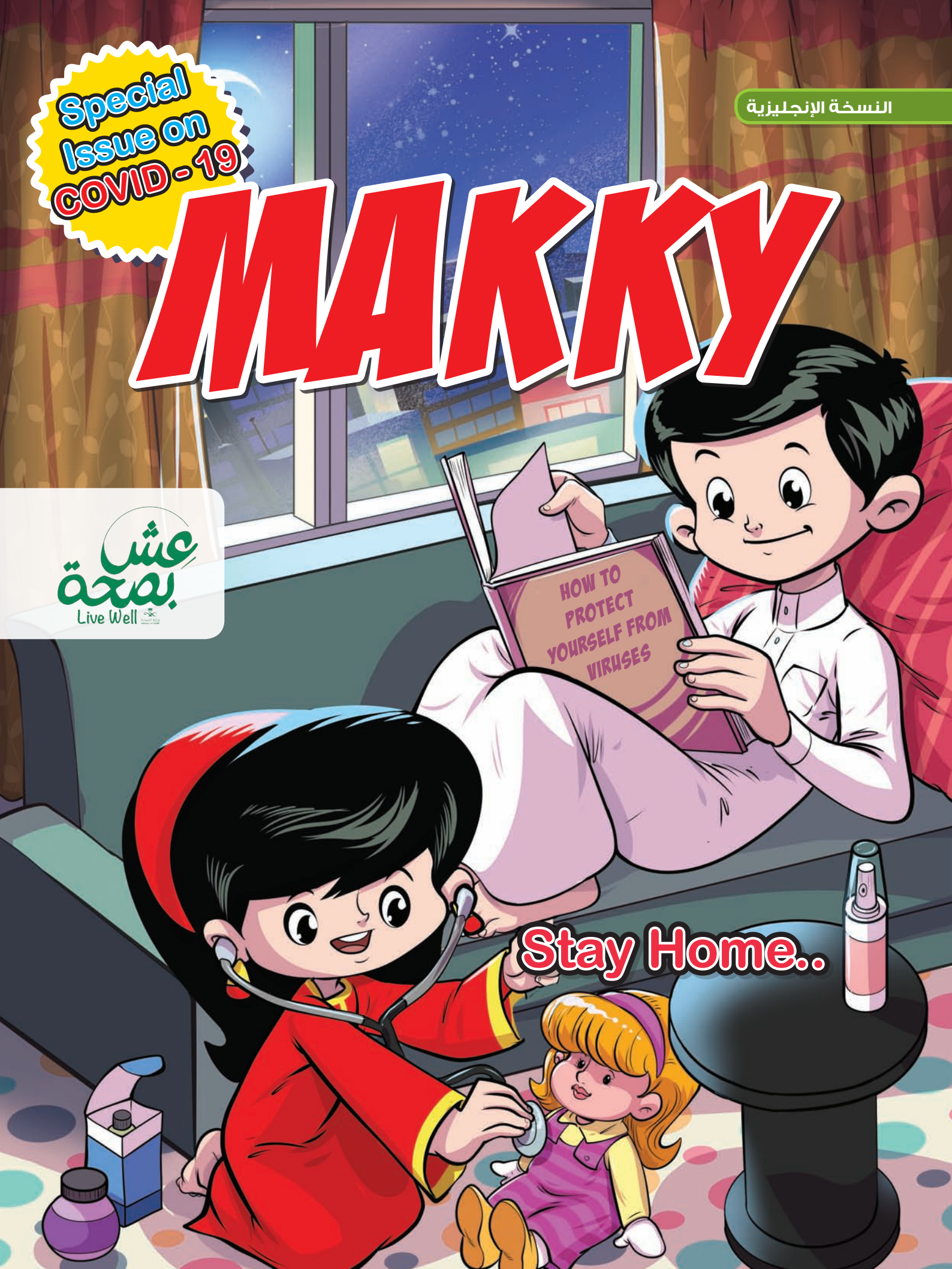
النسخة الإنجليزية

MAKKY

عش
بصحة
Live Well

HOW TO
PROTECT
YOURSELF FROM
VIRUSES

Stay Home..





In the Name of Allah, the Most Gracious, the Most Merciful


Produced in cooperation with
Ministry of Health




 www.moh.gov.sa


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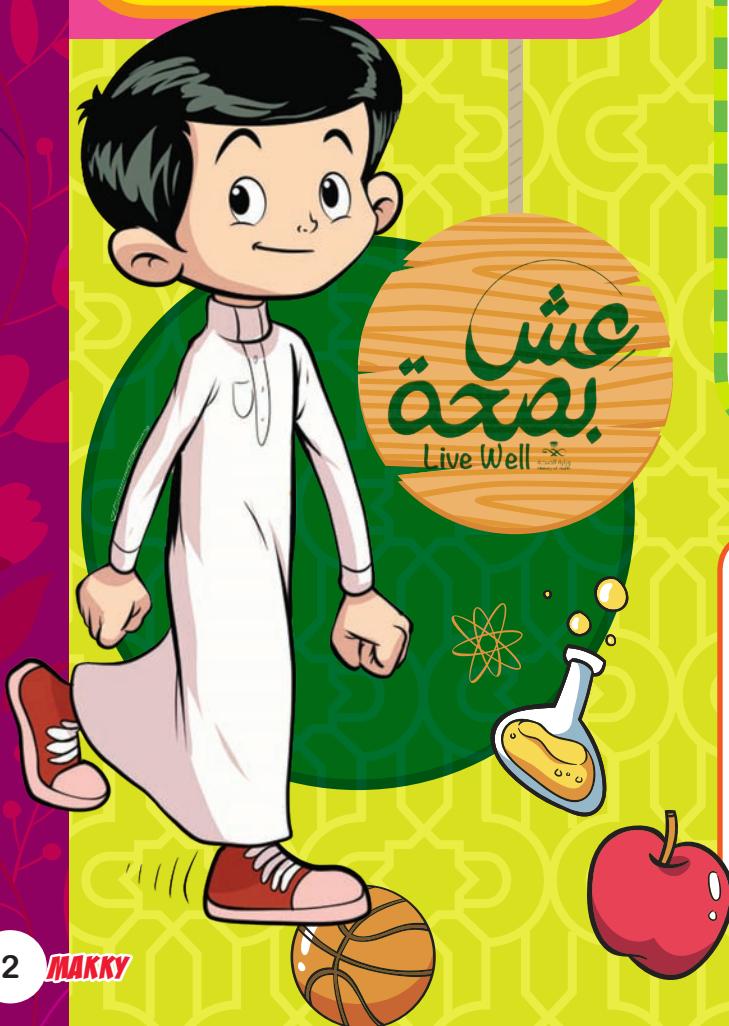
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Our dear sons and daughters,

These days, the world is facing an unprecedented challenge created by the COVID-19 pandemic. Like the rest of the world, we are struggling to contain its outbreak and save as many lives as possible.

This virus is attacking us, attacking our family members, and attacking our loved ones.

During these times of adversity, all of humanity has to come together, locally, nationally and even internationally and do their part to face this global crisis and overcome the threat imposed on us all.

Let's unite to defeat COVID-19.

* * *

In this regard, the government of the Kingdom of Saudi Arabia has taken swift decisions and drastic measures to prevent the spread of the Coronavirus disease (COVID-19) and accordingly ensure our safety and the safety of our loved ones.

However, we all bear the responsibility to fight this infectious disease and prevent its outbreak too.

* * *

We must follow the directions and instructions of the national health authorities that urge us to:

- Stay at home and avoid social gatherings,
 - Stop shaking hands because hands are the main transmitter of this infectious disease,
 - Pay attention to personal hygiene. Wash hands before touching eyes, nose or mouth,
- If you start to feel symptoms that may be related to COVID-19, tell your parents immediately so that they can take the necessary steps to act accordingly.

* * *

We will, with the help of Allah and your cooperation, succeed in vanquishing this virus.

Accept our sincere thanks for your cooperation in these challenging times. May Allah protect you all.

Your friends at the Public Health Awareness Department,
Ministry of Health

Important Mobile Apps

Sehatty



To provide health services for individuals in the Kingdom of Saudi Arabia.

Mawid



To enable patients to book their appointments across primary health care centers.



Welcome!



Coronavirus or COVID-19 is a tiny organism that is too small to be seen with the naked eye. It moves stealthily across the planet, crossing oceans and defying borders. Undeniably, the way this virus is spreading from one country to the other while the entire world fails to contain its outbreak demonstrates the Greatness and Mightiness of Allah.

* * *

During these times of adversity, we should turn to Allah in increased devotion and ask Him to lift this affliction from all humanity, grant a full recovery to those who are affected, and protect us all from this pandemic.

We should also abide by all the protection measures referred to in this issue. May Allah protect us all.

MAKKY



A special issue on COVID-19
Dedicated by Makky Magazine and published by



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Makkah Al Mukarramah



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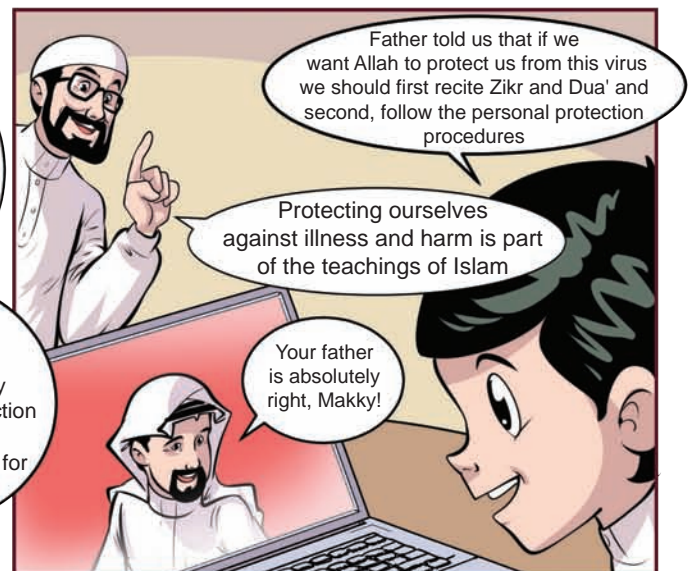
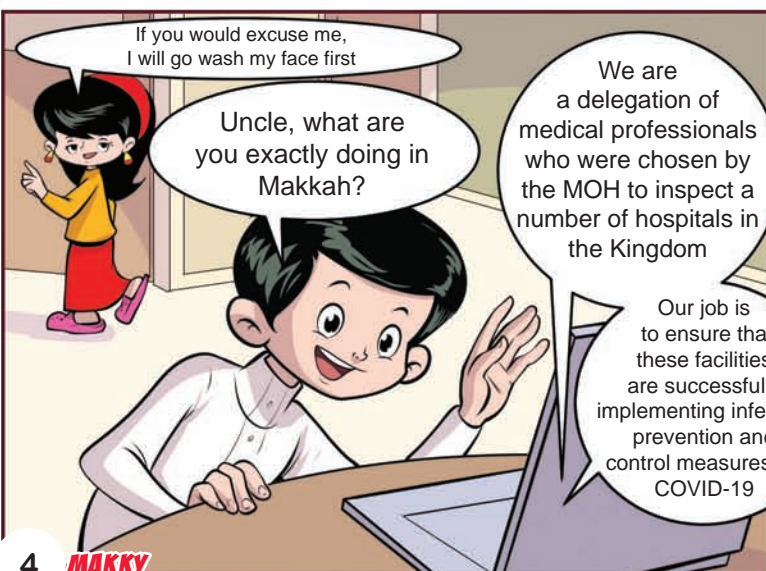
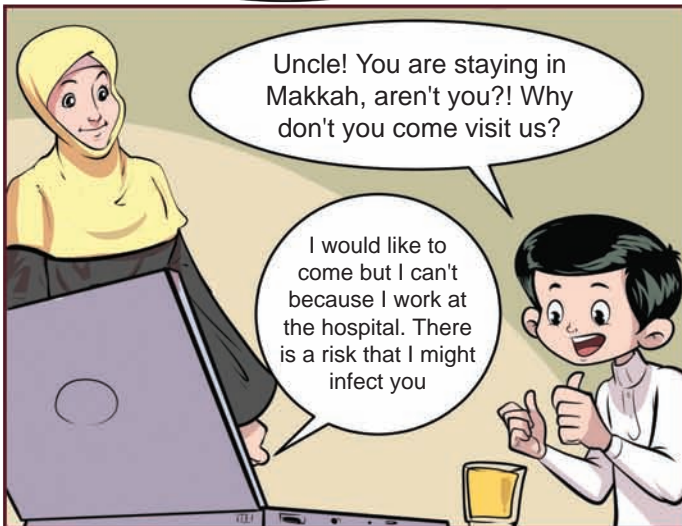
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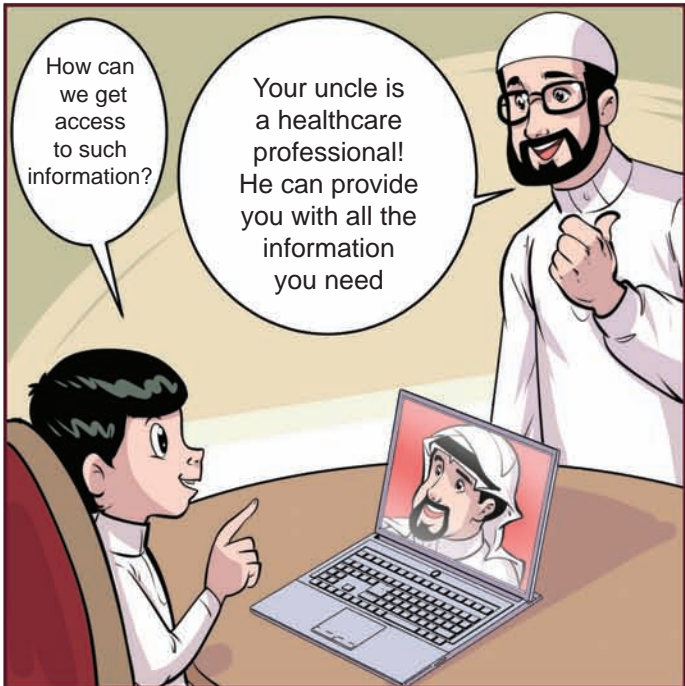
Do Your Best and Then Put Your Trust in Allah





Mother and father talked to us about Coronavirus and how to stay safe and healthy

We actually have told you all we know. Yet, I am sure there are more facts and information you can still learn about this virus



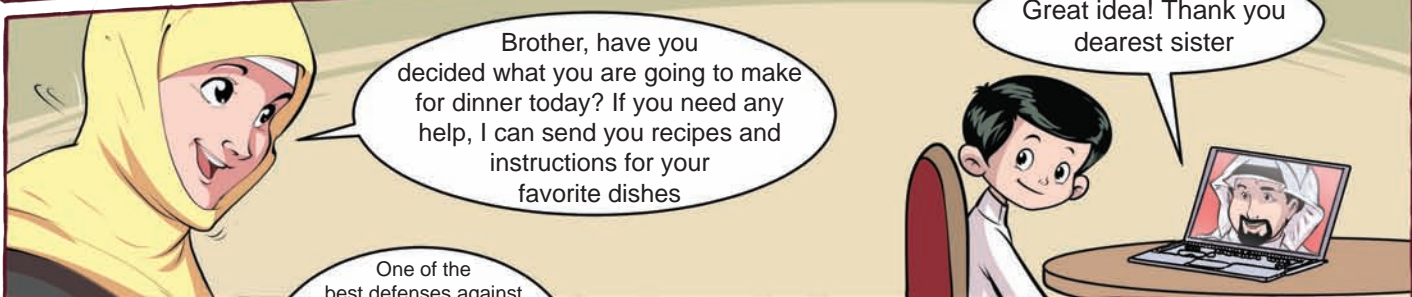
How can we get access to such information?

Your uncle is a healthcare professional! He can provide you with all the information you need



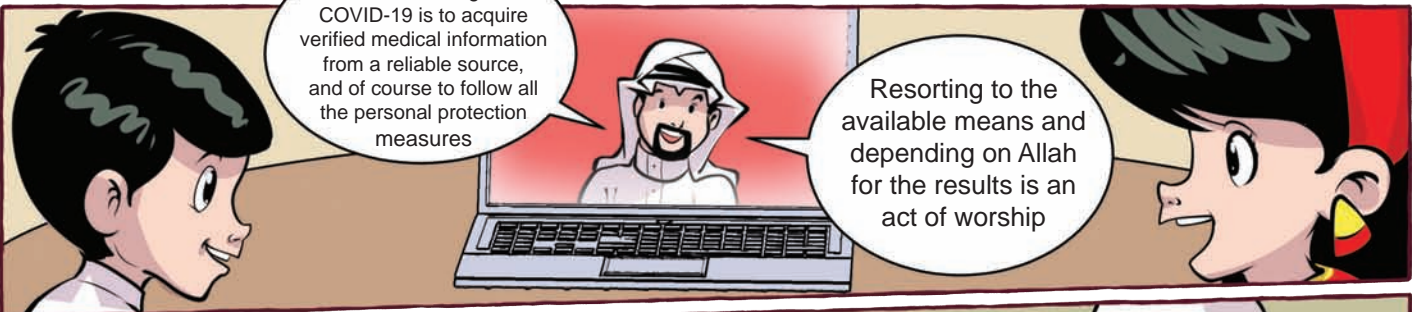
Of course, medical doctors are a trustworthy source of information but as you might know COVID-19 is a new virus. Not all MDs have access to accurate and updated data about it

The most up-to-date, verified information about COVID-19 can be found via the Saudi Ministry of Health



Brother, have you decided what you are going to make for dinner today? If you need any help, I can send you recipes and instructions for your favorite dishes

Great idea! Thank you dearest sister



One of the best defenses against COVID-19 is to acquire verified medical information from a reliable source, and of course to follow all the personal protection measures

Resorting to the available means and depending on Allah for the results is an act of worship



We are running out of groceries. I need vegetables and rice to cook dinner

Don't worry! I will order all the groceries you need online and have them delivered directly to our doorstep



Why don't you go to the grocery store, Father?

We have to stay home to avoid getting infected and prevent the spreading of the virus

Well! Let's use our time wisely and learn new things! Are you two ready?



Ready for what?



I will give you some instructions on how to protect yourself and others from contracting or spreading the Coronavirus disease



Of course, we are ready!



Wash your hands regularly with soap and water for at least 40 seconds



If soap and water are not readily available, use hand sanitizer. Rub it into your hands for at least 20 seconds

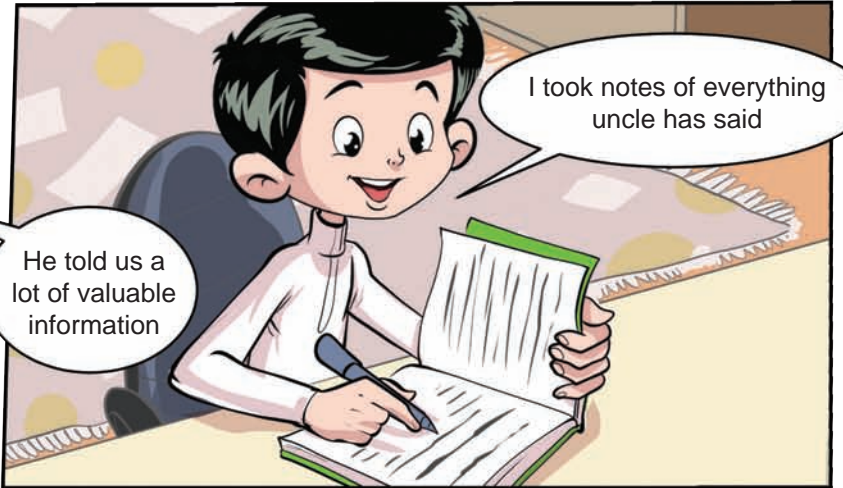


Always cover your mouth and nose with a tissue when you cough or sneeze



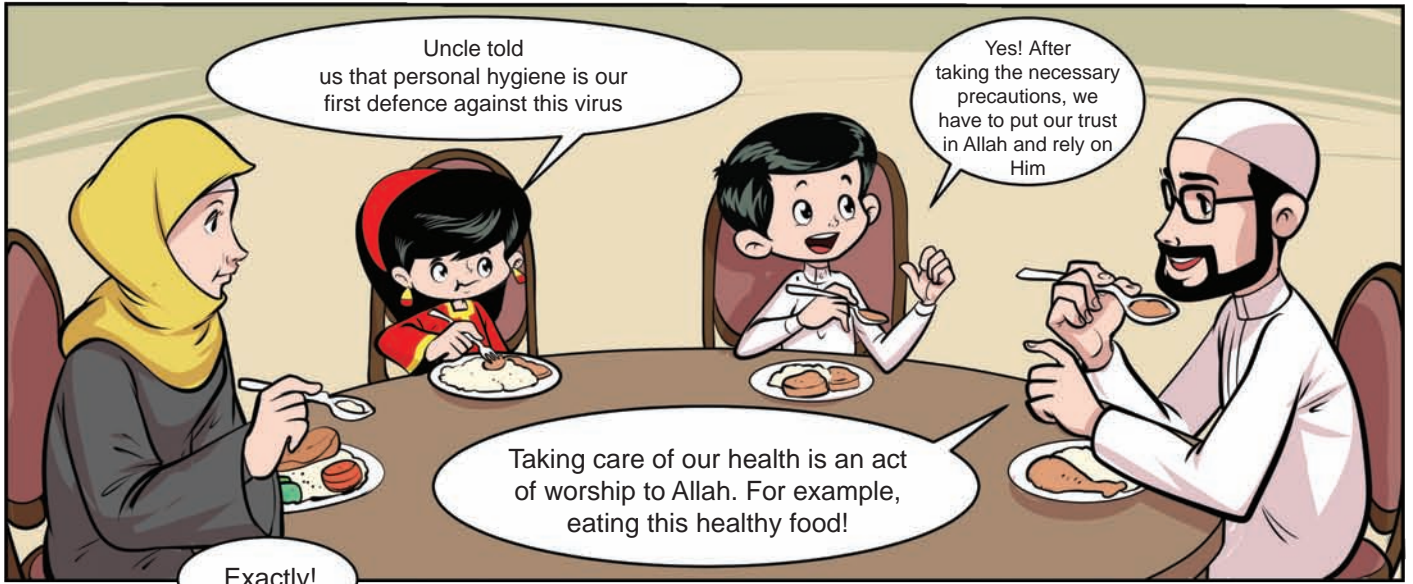
One last advice, practice social distancing. Try as much as possible to stay out of crowded places and avoid mass gatherings





He told us a lot of valuable information

I took notes of everything uncle has said



Uncle told us that personal hygiene is our first defence against this virus

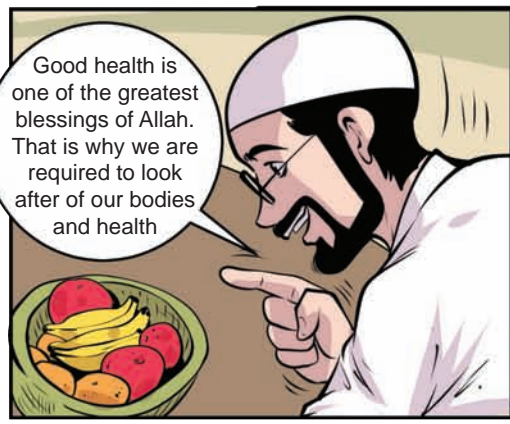
Yes! After taking the necessary precautions, we have to put our trust in Allah and rely on Him

Taking care of our health is an act of worship to Allah. For example, eating this healthy food!

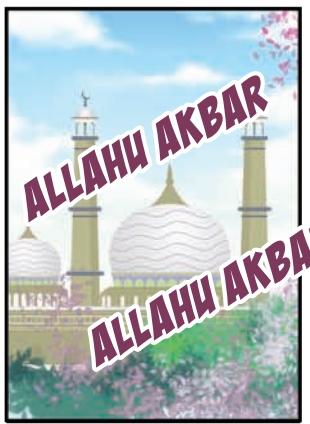
Exactly!



A healthy well-balanced diet is essential to our overall health and our immune system



Good health is one of the greatest blessings of Allah. That is why we are required to look after of our bodies and health



Islam urges us to preserve and protect the lives of others. For this reason, the Custodian of the Two Holy Mosques gave his orders to suspend congregational prayers in mosques

Worshippers were told to pray at home to help prevent the spread of COVID-19



O Allah! Lift this affliction from all humanity. Protect our country and all the nations of the world

Amen!

It's Puzzle Time!

Prepared by: Tamer Abdul-Hamid

Illustrator: Mohammad Abdul-Hady

1

Which path will lead the sanitizer to the virus?



2

We have to put our trust in Allah and seek His protection through continuous Zikr and Dua'



We also have to follow all the proper protection measures to prevent COVID-19 infection

We have to put our trust in Allah and seek His protection through continuous Zikr and Dua'



We also have to follow all the proper protection measures to prevent COVID-19 infection

Can you spot 6 differences between these two pictures?

What are the correct practices that will help prevent the spread of Coronavirus disease?

3



I take refuge in Allah's perfect words from the evil He has created



Let's invite all our friends and throw a party

4

Thank You Healthcare Heroes



Place each tile in the correct spot on the picture.



5

S z t z a z y - H z o z m z e

S z t z a z y - S z a z f z e z

Cross out letter **Z** to find out what Makky and Makkiya are saying

H z e z l z p z -

s z t z o z p z -

C z o z r z o z n z a z v z i z

r z u z s z !



6

A healthy diet is the best way to keep our bodies strong and healthy. Can you spot the healthy food in these pictures?



Our Bodies are a gift from Allah.. it is our duty to preserve them

Islam has placed an infinite value on human life to the extent that the duty to preserve life forms is one of the core principles in Maqasid Al-Shari'ah.

By taking care of our bodies and health, we obey the teachings of

Islam and show respect to life which was entrusted to us by Allah. In Islam, the sanctity of human life is given a special place. Allah -Almighty- has honored man and made human life sacred.

Preserving human life is achieved through:

1. Providing the basic needs of life. For example, a balanced diet and daily exercise are important to maintain optimum health.
2. Abstaining from practices that may harm life: Recklessness, smoking and using illicit drugs can pose a real threat to life and health.
3. Seeking treatment and medicine: Human life should be protected from infectious diseases and mortal dangers.



Our duty towards ourselves:

1. Consume healthy food and drink. Live in healthy places and promote healthy lifestyles.
2. Keep away from everything that might be harmful to your body and health.
3. Abide by precautionary measures to help prevent the spread of diseases and epidemics. Maintain your personal hygiene and cleanliness. Follow the instructions of experts and healthcare professionals to prevent the outbreak of infectious diseases.
4. Seek help from medical practitioners in case you get sick.



Our duty towards others:

1. Do not cause harm to others.
2. Avoid being a source of infection to others.
Self-isolate if you get infected with an infectious disease.

Protecting our Health is our Responsibility

Due to the exceptional circumstances caused by the COVID-19 pandemic, the Council of Senior Scholars in the Kingdom of Saudi Arabia instructed the suspension of Friday prayers and congregational prayers in all mosques in the Kingdom with the exception of the two holy mosques. Mosques will continue to conduct the Azan, which will direct people to pray in their homes rather than come to the mosque.

Similarly, national health authorities in Saudi Arabia have taken drastic measures to combat the spread of the Coronavirus. They urge citizens and residents to practice social distancing, stay at home during the curfew and not to venture out except for necessities.

Everyone who abides by these instructions and stays at home plays an important part in fighting this infectious disease and making our country safer.



Stand Together Against COVID-19

How does Coronavirus spread?

1. The virus spreads primarily through droplets generated when an infected person coughs or sneezes.
2. It can also spread from touching contaminated surfaces with your hands and then touching your nose, mouth or eyes with your hands.

How can we protect ourselves from this virus?

1. Constantly recite Zikr and Dua'.
2. Wash your hands regularly with soap and water. Use alcohol-based disinfectants if you don't have immediate access to soap and water.
3. Keep a physical distance between yourself and anyone who is coughing, sneezing or has influenza symptoms.
4. Avoid handshaking completely.
5. Avoid crowded places and mass gatherings.



Why should we stay at home?

Facts and information gathered by researchers and scientists about COVID-19 affirm that it is highly transmittable. To defeat this virus and prevent its outbreak we should practice social distancing and avoid mass gatherings.



Cough and sneeze etiquette

1. Use a tissue to cover your mouth and nose every single time you cough or sneeze and dispose of it immediately.
2. Wash your hands with water and soap or use a hand sanitizer.
3. Resort to coughing or sneezing into your elbow if a tissue is not available.





Correctly washing your hands will protect you against infection. In the following section, I will show you how to do it.

How do I wash my hands properly?

1



Always remember to take off jewelry before washing your hands because they can be a hiding place for germs.

2



Wet your hands with running water and apply enough soap.

3



Rub hands palm to palm.

4



Rub right palm over the back of the left hand with interlocked fingers. Repeat for the other hand.

5



Rub palm to palm with interlaced fingers.

6



Rub backs of fingers to opposing palms with fingers interlocked.

7



Using left-hand thumb, rub the back of the right hand in a rotational movement. Repeat for the other hand.

8



Rub right-hand palm with the left-hand fingertips in a rotational movement. Repeat for the other hand.

9



Dry both hands thoroughly with a single-use paper tissue. Use a tissue or your elbow to turn off the faucet to avoid touching it again with your hands.

10

Remember to wash your hands thoroughly and regularly. The hand washing process should take between 30 - 60 seconds.

When should we wash our hands?

Hello friends!
Let's find out
when we should
wash our
hands..



1

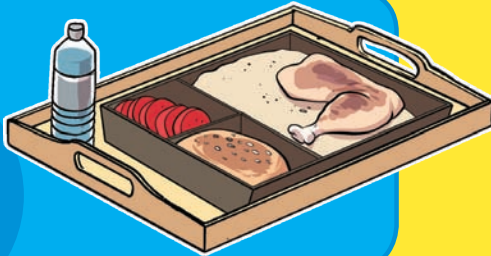
After waking up in the morning OR waking up from sleeping

..or use a hand sanitizer if soap and water are not available



2

Before and after eating



3

After using the toilet



4

After blowing your nose, coughing or sneezing



5

After combing your hair



6

After handling rubbish



7

After touching animals and pets



Come on, let's color

