

Migo & Ali Coronavirus



A kids' guide to the coronavirus, from an
Islamic perspective

What Migo & Ali discuss here:

EXPLANATION OF THE VIRUS - WHAT IS CORONAVIRUS AND WHAT DOES IT DO?

HOW TO COPE WITH WORRIES - WILL EVERYONE GET SICK?

HOW TO KEEP OURSELVES AND OTHERS SAFE - WHY ARE WE STAYING HOME?

THINGS TO DO - I'M BORED AT HOME!

EXPLANATION OF THE VIRUS - WHAT IS CORONAVIRUS AND WHAT DOES IT DO?

The coronavirus is a bug that makes people unwell, a bit like when you get the cold or flu. It's a new bug, that has spread to many countries in the world. Most people who get sick because of the coronavirus, stay at home and get better, because Allah has made special tiny little protectors in our bodies, called white blood cells, that fight off diseases.

ALI: Wow! So even I have tiny Little protectors inside me?

Migo: Yes, my candyfloss flavoured button, you have them too!



ALi: I want to make mine strong!

Migo: Smart idea! You can do that by eating Lots of fruit and vegetables, drinking Lots of water, exercising, and asking ALLah!

ALi: OK, I will! But why is everyone on the news very worried about it if we can get better?

Migo: Because, my sparkly brains, some people who have other illnesses, or who are very old, are not strong enough to fight off the virus, so everyone has to be careful not to spread it.

ALi: How does it spread?

Migo: It can spread from a person who has it if they are close to another person, even if they are not touching, because it can jump little distances, if the person coughs or breathes out...

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It can also spread if someone touches their mouth or nose and then touches things that other people will be touching.

ALi: That's why we have to wash our hands more, now!

Migo: Absolutely! If you wash your hands often, you can make sure you aren't catching or spreading the virus.

ALi: But I don't have it, so nobody can get it from me, Migo!



Migo: Well, my chocolate covered peanut, sometimes you can carry it without knowing, because the signs that show you have it, haven't started yet.

Ali: What signs?

Migo: The signs, or symptoms are a continuous cough and/or a high fever.

HOW TO COPE WITH WORRIES - WILL EVERYONE GET SICK?

Feeling worried about the coronavirus and how it might affect people you love, is absolutely normal. Worrying a little is good for us, because it will help us be careful not to spread it or catch it. I will tell you more about that a bit later. The important thing is what we do with our worried feelings...

We don't have to carry them around like a heavy load, you can pass it on to Allah to carry for you. Talk to Allah. Ask Him to take care of the things that are worrying you. It's a wonderful feeling, if you do it with all your heart, to leave things to Allah, who has all the power over everything, and who is by your side, loving and protecting you.

Ali: I'm going to do that with my worries, Migo!

Migo: That's excellent, my bouncy bubble! Trust in ALLah all the way. And remember that trusting in ALLah means that you know that once you have spoken to Him with all your heart and passed on your worries to Him... (continues)



He will do what He knows is better for you and others. ALLah sees the bigger picture. He sees things we don't see, so He knows the right thing to do.

ALI: Like when you wouldn't let me ride my bike because the road was icy and I was upset with you so I did it anyway and fell down really badly?

Migo: Haha! Yes, just like that!

Any way that you can be close to Allah, will help you through. You can talk to him in your own way, and you can also make the powerful duas that some of the prophets made when they were having troubles. You can find them at the end.



Some more beautiful words to say, which mean that Allah has complete power over the coronavirus and everything else are:

**La hawLa waLa Quwwata
iLLa biL Lahi AL 'ALiyyiL Atheem**

(There is no might or power EXCEPT with ALLAH ,
The Most High, The Supreme [in Glory])

HOW TO KEEP OURSELVES AND OTHERS SAFE - WHY ARE WE STAYING HOME?

We must take care of ourselves by eating healthy food, drinking lots of water and exercising. We talked about the coronavirus being able to spread very quickly. We can keep ourselves and others safe...

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by being careful not to spread it, or catch it. We can do this by:

- Washing our hands often, with soap.
- Sneezing or coughing into a tissue and then throwing it away, or coughing into our elbows.

ALi: Shall we throw our elbows away too?

Migo: Haha! You funny bean!

Another important way to stay safe is to stay home. If you have a cough or fever, you must not go out at all for 14 days, so that you don't spread the bug.

ALi: And what if we aren't sick?

Migo: Even if you don't feel unwell, you should stay home to stay healthy insha'ALLah.

That is why lots of people are not going out to work, or to restaurants and cinemas and even the masjid. If your school hasn't closed yet, it soon will. Places where there are lots of people give the nasty bug a great chance to spread.

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ALi: If we are aLL home, the bug can't find anyone to catch!

Migo: That's right captain smarty pants!

THINGS TO DO - I'M BORED AT HOME!

ALi: Being at home is so boring, Migo!

Migo: You're used to going out, but being at home doesn't have to be boring. There is Lots to do, on top of your school work! It's also a time where you will be home with your family more than before, so you can enjoy each other's company and do things together! Here are some examples:

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- Do good deeds

Good deeds keep harm away from us. Look for good deeds to do around the house, by helping others. Maybe if nobody is unwell in your family, your adults can cook or shop for neighbours, family, or friends that are. And you can add your touch, by writing happy notes to send with the things. Remember to only take things to the doorstep and not visit other people's homes.

- Look for people sharing exciting things on social media.

People are reading stories, teaching how to draw, making videos and lots more, to share with others while they are spending time at home. Muslim Children's Books will be active on Instagram/facebook live, too!

- *Learn something, as a family, everyday*

Use this time to learn together by sitting down to go over one hadith, or memorise a surah, or read a story of a prophet, or ask questions about Allah and His Deen.

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- *Go for a drive/walk in an open space*

For a change of scene, and for exercise, we can still go outdoors, IF we don't have the signs of having the coronavirus. We should stay away from places where there are other people, but going for a walk where you are far away from others, is safe to do and will make your body feel strong.

- *Get creative*

Write stories or poems. Get crafty. Paint. Cook. There are lots of ways you can get your creative juices flowing!



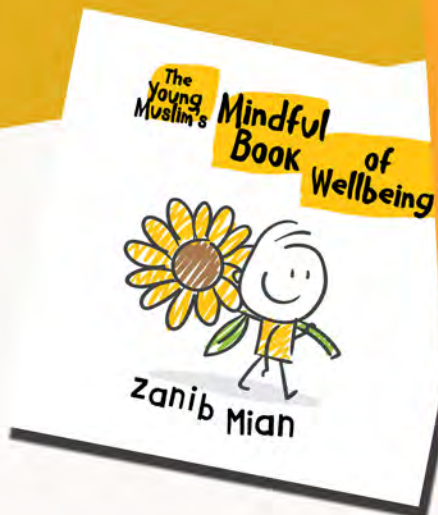
ALI: Thank you, Migo! I feel good now!

Migo: You're welcome! Insha'ALLah soon everything will be back to normal.

Written by Zanib Mian.

ILLustrations from Migo & ALI: A-Z encyclopedia of Islam, iLLustrated by Basma Hossam.

Books by Zanib Mian



muslimchildrensbooks.co.uk

Dua of Prophet Yunus (as) when he was trapped in the whale's belly:

La ilaha illa anta subhanaka innee kuntu mina alththalimeen

Dua of Prophet Ayub (as) when he was ill for years:

Annee massaniya alddurru waanta arhamu alrrahimeen

Dua of Prophet Musa (as) for good:

Rabbi innee lima anzalta ilayya min khayrin faqeer

Read their stories in the Migo & ALi: Love for the Prophets book!