

# How to protect yourself and others when praying at mosques during COVID-19

## At home, before you leave for the mosque

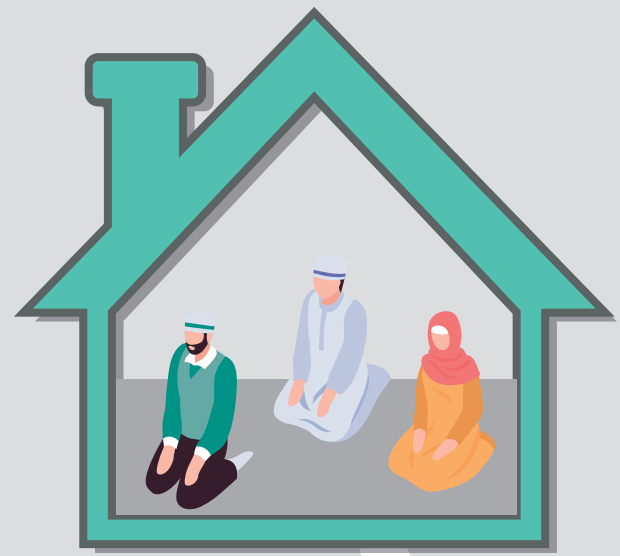
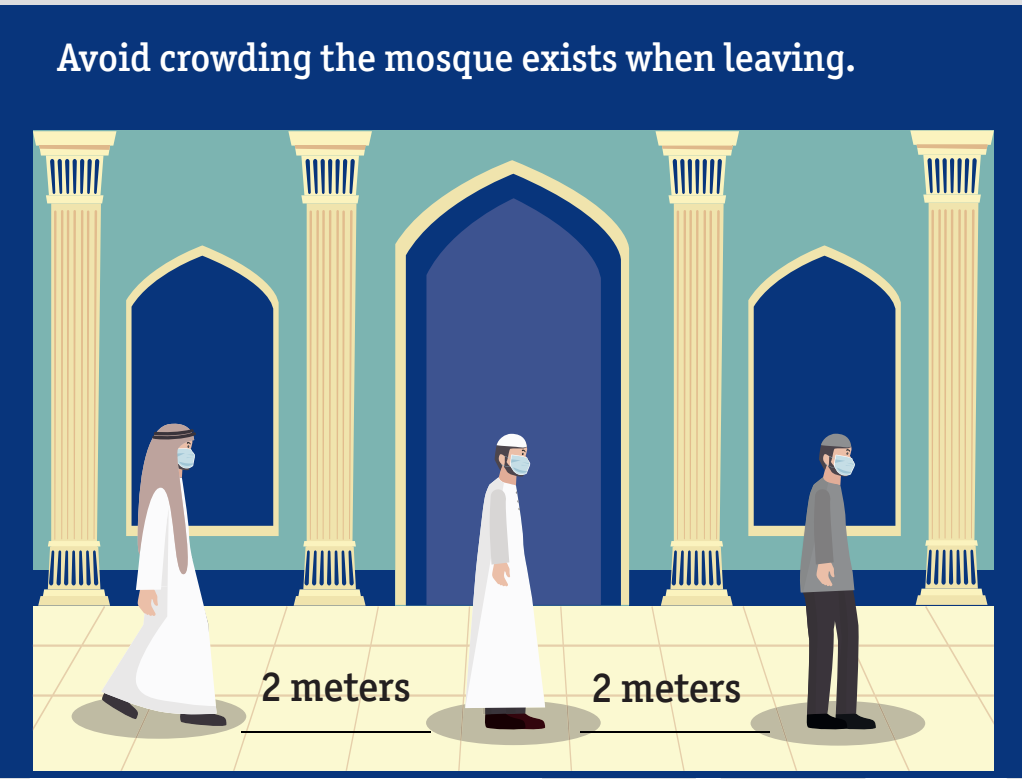
<p>Perform your Wudu'u (ablution).</p> 	<p>Take your own Qur'an.</p> 	<p>Take your own prayer mat.</p> 	<p>Take a bag with you to put your shoes in.</p> 	<p>Wear a face mask and keep it on at all times.</p> 
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## When entering the mosque

<p>Avoid crowding mosque entrances when going in and out of the mosque.</p> 	<p>Wave hello from a distance (avoid shaking hands, hugging, or kissing).</p> 	<p>If physical distancing sticker guides are available use them. If not, maintain two meters between yourself and others.</p> 	<p>Follow the cough and sneeze etiquette.</p> 	<p>Avoid sharing food or beverages inside the mosque.</p> 
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## Leaving the mosque

Avoid crowding the mosque exists when leaving.

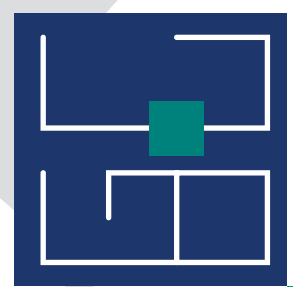


**Pray at home if:**

- You have a cough, sore throat, shortness of breath, or a temperature of  $\geq 37.8^{\circ}\text{C}$ .
- You are elderly.
- You suffer from chronic disease conditions.
- You are under the age of 15.

**CAUTIOUSLY,  
WE RETURN**

مرکز جونز هوبکنز  
أرامكو الطبي  
Johns Hopkins  
Aramco Healthcare



نحن نهتم  
We Care