

Mar 4th, 2020

Subject: Novel Coronavirus COVID-19

Dear parents/guardians of students, Assalamualaikum,

We know that staff, students, and parents, are concerned about the novel coronavirus, COVID-19.

Tawakkul on Allah (ﷻ): Let's take our precautions and have faith in Allah (ﷻ) to keep us safe. "Nothing shall ever happen to us except what Allah has ordained for us. He is our Maula (Lord, Helper and Protector). And in Allah let the believers put their trust." (Quran 9:51).

It is important to remember that the current risk of exposure is low according to the [Government of Canada](#). Nonetheless, with March Break fast approaching we encourage you to review this letter carefully as it contains information for individuals who are travelling. The list of COVID-19 (Novel Coronavirus) impacted countries is updated regularly. Please refer to the Government of Canada [travel health advisory](#) for the most updated information on impacted areas.

If you or someone you know has recently returned from any of these seven (7) countries, please follow the recommendations below: Travelers from China, Hong Kong, Iran, Italy, Japan, Singapore, and South Korea, for 14 days following their return, should:

- Self-monitor for symptoms of the COVID-19 (Novel Coronavirus), which includes fever or cough or difficult breathing, for 14 days after leaving any of these countries
- If symptoms develop, individuals must immediately self-isolate and call their regional Public Health authority.

If the above applies to your family, please inform the school principal and your Regional Public Health. Anyone with severe illness should seek immediate medical attention by calling 911 and inform paramedics of their travel history.

We are still in influenza season, so to minimize spread of any respiratory virus, for all families we recommend the following:

- Make sure everyone in your household washes their hands with soap and water often. If soap and water are not readily available, you can use alcohol-based hand sanitizer, if hands are not visibly dirty.
- Avoid touching your face with unwashed hands.
- Use a tissue when you cough or sneeze and throw it in a garbage bin lined with a plastic bag. Wash your hands immediately after that. If you don't have a tissue, sneeze or cough into your sleeve.
- Stay home if you're sick. If your kids are sick, keep them home from school.
- Clean and disinfect surfaces that are used often and shared by everyone in your home.
- Travelers should always check for current travel notices on the Government of Canada website prior to travel.

Many families are planning trips outside of Canada in the next several weeks. If you are planning a trip, before you leave, please consult the [Government of Canada travel Advisory](#) website to see the most up

to date information about any risks you might have on your trip. Make sure you follow the advice above on handwashing and cleaning surfaces whether at home or on vacation.

It is natural that we worry about new threats to our health, and the best thing you can do if you are worried is to get up to date information from reliable sources such as your regional public health services and the websites mentioned above. You can also take the preventive steps outlined above, like hand washing regularly, to reduce your risk of infection.

Important reminders for all of us in these times, let's remember to:

- Our body is an Amanah from Allah (ﷻ) and it's our responsibility to take care of it.
- Cleanliness is half of our Deen, so practice proper hygiene on a regular basis.
- The Prophet (ﷺ) said, "If you hear that it (plague) is in a land, do not go there, and if it breaks out in a land where you are, do not leave, fleeing from it" (Bukhari and Muslim).
- Take doctor-approved medications. The Prophet (ﷺ) said, "Make use of medical treatment, for Allah has not made a disease without appointing a remedy for it, with the exception of one disease, namely old age" (Abu Dawud).
- Pray for comfort for those affected by this virus and make Dua regularly for health and safety.

May Allah protect all of you, your children and loved ones.

Yours truly,

Mr. Bakbak, Principal