Mushkil Aasaan



Community Care for Families

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ا**للَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْبَرَصِ، وَالْجُنُونِ، وَالْجُذَامِ، وَمِنْ سَيِّئِ الأَسْقَامِ**

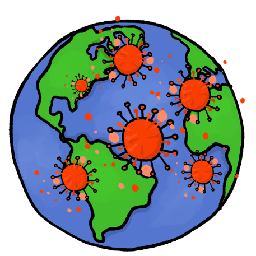
Allah humma inni a'udhu bika minal-barasi, wal-jununi, wal-judhaami, wa min sayyi'il-asqaami

**"O Allah, I seek refuge in You from leprosy, insanity, elephantiasis, and the worst of diseases."**

**[Abu Dawud]**

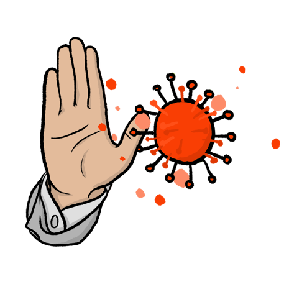
***WHEN YOU ENTER MUSHKIL AASAAN FOR ANY ACTIVITY PLEASE:***

* **ENTER YOUR NAME AND ADDRESS IN THE ATTENDANCE BOOK**
* **PLEASE ENTER IF YOU HAVE HAD YOUR VACCINE**
* **USE HAND SANITISER PROVIDED**
* **DO NOT GET TOO CLOSE TO PEOPLE - KEEP YOUR DISTANCE**
* **WEAR A FACE MASK**
* **PLEASE DO NOT ATTEND IF YOU HAVE ANY SYMPTOMS**



**COVID-19 is an illness that is spreading around the world. It can affect your lungs and breathing.**

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**You should be careful not to catch and spread COVID-19.**

**Some people who have had the Vaccine can still catch COVID-19 and spread it to other people.**

# Staying at home if you are unwell



## If you have not got COVID-19 but still feel unwell

You may have flu or a cold.

Staying at home until you feel better will stop you spreading an illness.

Many common illnesses are spread by:

* being close to someone
* coughs and sneezes
* touching things that people have breathed on.

If you are feeling ill, you may want to keep away from other people until you feel better.