



## Duas For Protection Against Diseases

Abdullah ibn Umar (may Allah be pleased with him) is reported to read this when leaving his home:

اللَّهُمَّ سَلِّمْ نِيَّيَ وَسَلِّمْ مِنِّي

*'O Allah keep me safe, and keep others safe from me'*  
(al-Adab al-Mufrad)

Anas ibn Mālik (may Allah be pleased with him) narrates that the Prophet ﷺ would say:

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ  
الْبَرَصِ وَالْجُنُونِ وَالْجُذَامِ  
وَمِنْ سَيِّئِ الْأَسْقَامِ

*'O Allah, I seek refuge in You from vitiligo, madness, leprosy, and bad diseases'*

(Sunan Abī Dāwūd, 1554)