

When We Sneeze 🤧

Achoo! The Prophet (peace be upon him) taught us what to say.

1

I sneeze

Achoo! I cover my mouth and say:

الْحَمْدُ لِلَّهِ

Alhamdulillah

Meaning: All praise is for Allah.

Achoo!

2

My friend

My friend hears me and says:

يَرْحَمُكَ اللَّهُ

Yarhamuk-Allah

Meaning: May Allah have mercy on you.

3

I say back

I smile and say back:

يَهْدِيكُمُ اللَّهُ وَيُصْلِحُ بِالْكُم

Yahdikumullahu wa yuslihu balakum

Meaning: May Allah guide you and make your life good.

Al-Bukhari 6224 · Hisn al-Muslim 188



Sneeze? Cover up!

Use your hand or a tissue, and keep it quiet.

Abu Dawud 5029



Yawn? Little hand!

Put your hand over your mouth.

Muslim 2995 · Al-Bukhari 6226



Allah loves sneezing, so we always say Alhamdulillah! Al-Bukhari 6226

