

# “A joyful heart makes for health.”



"He who declines to tend the sick and he who hate his neighbor are as though they shed blood."

"He gives little who gives much with a frown, he gives much who gives little with a smile."

*Project done by: Michal Korneeve and Aviva Movsas*

## Do's and Don'ts of the performing the mitzvah based on the Halachic sources

### ● Do's

- Knock on the patient's door before entering, as he or she may be with the doctor, with a family member, getting dressed, sleeping, or not feeling well enough.
  - Ask if the patient would like a visit.
- If other patients share the same room, say hello to them, too.
- Do not shake hands for the sake of you and the person.
- Introduce yourself: who you are, where you are from, and topics that you feel the patient would enjoy.

WE GOT THIS OF THE INTERNET  
<http://www.bikurcholimcc.org/AboutBeingaVisitor.pdf>

## Don'ts

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- ❑ Don't wake up the person if they are sleeping.
- ❑ If they are sleeping or they are not in the room at that specific time, leave them a note or get well card: don't wake them up.
- ❑ If the person has a scar or bruise, don't stare at it .
- ❑ Don't be scared to use humor, but be cautious that it is appropriate and sensitive to that person's situation.
- ❑ Don't interrupt if the patient is busy or talking with the doctor, come back later.
- ❑ If the patient is talking, do not interrupt him or her because it might make them feel worse and as if he or she doesn't mean anything.

# More don'ts, do's and explanations...



You should knock on a patient's door before entering for a couple reasons:

- 1. They might be undressed.
- 2. It is polite.
- 3. They may be with the doctor or a family member
- 4. They may not be feeling well enough.

## Stay on the same level as the sick person.



Try to stay on the same level as the patient, as Hashem stays right above the sick to protect them. For example, if the patient is on the floor, sit on the floor with them instead of sitting on a chair.

□ Source: Siman Kuf Tzadi Gimel, Si`if Bet

# What to do when there is nothing to talk about

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- If you do not have anything to talk about you should look around the room and find a topic to talk about that is not related to their sickness, because generally when a sick person is talking to someone else it is more comforting and it takes their mind off the sickness. If you are there with the sick person and you are not talking to them, it will feel awkward to you and the patient and the person will not feel as comfortable.
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# Don't wake up a sleeping patient.



You should not wake up a sleeping patient because of several reasons:

- First, no one likes being woken up during their beauty rest
- Second of all, you wouldn't want to wake them up because when they sleep, they don't feel sick
- Next, sleep may help the person feel better
- Last but not least, it is just not polite.

## What to do if the patient is sleeping or not in the room

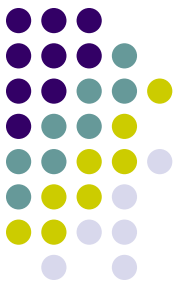


- In this situation, you should try to leave a note or get-well card showing that you tried to stop by.  
(Sometimes cards are nice and they help enlighten the person or it gives them something nice to look at when you are not there or they have nothing to do.)
- Drop by again later or call first to see a good time to meet with them

Don't interrupt if the patient is with the doctor.  
Return at a different time.



- You shouldn't interrupt if the patient is with the doctor, since you do not know what is happening in the room. It might be personal or very important and that patient does not want to tell everyone. The best choice would be to just return another time.



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1. A brief explanation of the Mitzvah. Is it an עשה? דאורייתא?

2. Note and place in the TaNach in which we see the Mitzvah in action.

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בִּיקוּר חוֹלִים

- It is a צעה דרבנן . When there is a sick man, it's a Mitzvah for everyone to visit him. Even ביקור חולים-with Avraham, he visited him. He visited him Himself since it was so important-and he didn't even do that when telling Sarah that she'll have a baby. With this situation, He sent angels. (פישתו'רא-פרק יח פס יא). (This is mentioned in Source: Siman Kuf Tzadi Gimel, Si` if Alef.)
- Your close friends that are regulars to stop in and out of your house- they must visit you immediately and you must visit them immediately also. (Source: Siman Kuf Tzadi Gimel, Si` if Alef.)


3. Who should do this Mitzvah?

4. When should this Mitzvah be done? Do you do this Mitzvah immediately or do you wait before performing this Mitzvah?



- **Everyone**- especially regulars in the house should come immediately, but the people who live far away don't have to visit right away. A great man should visit a lower man. (Visit as much as possible if you know it doesn't bother the person.) Do not visit an enemy- he may think you find joy in his sickness. However you can and should go to his funeral because you wouldn't be rejoicing since this is the end of every human being. (Source: *Siman Kuf Tzadi Gimel, Si'if Alef.*)

# Even more on the subject!!

 Do not visit the patient if the following situations apply:

- The person has stomach problems (he may be embarrassed)
- The person has an eye problem or headache
- The person is in critical shape or cannot hold conversation easily

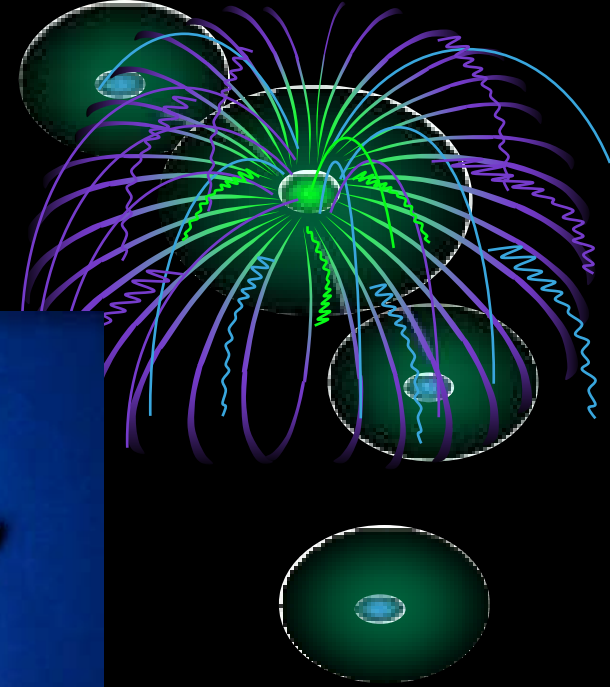
In these situations, stay on an outside room and ask if he wants anything. Always be thinking about his comfort and pray for him

\*These are the guidelines to the general person. However, you should use your common sense also to decide what you think the person would like, also you should determine this based on how close you are with the person.

***(Source: Siman Kuf Tzadi Gimel, Si`if Yud.)***



# The End!!



- THANKS FOR WATCHING! I HOPE YOU ALL ENJOYED IT AND LEARNED A LOT ABOUT THE MITZVAH OF BIKUR CHOLIM!