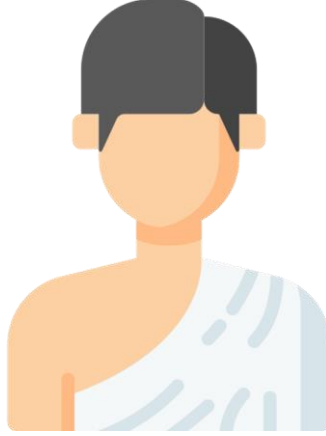




تجمع الرياض الصحي الثاني
Riyadh Second Health Cluster
شركة الصحة القابضة



Your Health in Hajj and
Umrah

Before Hajj and Umrah Season:

Ensure to take the necessary tools, personal items and never share them with anyone, including:



- Ihram clothing (preferable to be changed constantly).
- Shaving tools.
- Personal hygiene tool (never share it with anyone).
- Prayer mat.
- Adhere to distancing and preventive precautions in transportations such as airplanes and buses.
- Visit a physician before performing Hajj to evaluate your health condition and to ensure that you can perform Hajj.
- Check the permits designated for Hajj season.

- **Take the Necessary Vaccinations:**



Vaccine	Target Group	Time	Notes
		before Hajj	
Meningitis vaccination	<ul style="list-style-type: none">- Everyone coming for Hajj or umrah.- Kids from 2 years and pregnant women.	10 days at least	Gives immunity for three years. Mandatory vaccination.

Seasonal Influenza Vaccination	Everyone coming for Hajj or umrah.	2 weeks at least	
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You should check your temperature at every checkpoint and declare if you have any of the following symptoms:

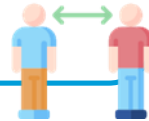
- ✓ Fever.
- ✓ Cough.
- ✓ Runny nose.
- ✓ Shortness of breath.
- ✓ Sore throat.
- ✓ Loss of taste and smell sensation.



After consulting a physician before performing Hajj to evaluate your health condition, make sure that you have:

- A prescribe medications, if needed.
- Bring a sufficient amount of the prescribed medications, and store them in a correct way and in a suitable place.
- Take medication on time.
- Follow the diet.
- If you have any symptoms you should inform someone close to you at the residence and the campaign physician to assist you whenever necessary.
- Place a bracelet or card on your wrist that shows your name, age, nationality, place of residence, and contact numbers.

Adhere to social distancing for no less than 1.5 meters and make sure to avoid places that do not have good ventilation.



- ✓ If you feel tired stop any activity and take a rest.
- ✓ Visit the nearest healthcare center, if you don't feel better after taking a rest.
- ✓ Follow a healthy diet and avoid unhealthy eating habits that may worsen your condition, such as:
 - Drinking plenty of tea and coffee.
 - Eating a lot of fatty foods.



Make sure to Take Enough Clothes:

It is preferable to change clothes constantly and frequently. Also, make sure that the clothes are wide, loose and light-colored.

Make sure to Take your Personal tools, including:

- Ihram clothing.
- Shaving tools.
- Soap and sanitizers.
- Toothpaste and toothbrush.
- Creams and ointments.



Take a First Aid that includes:

- ✓ Wound sterilization tools.
- ✓ Antipyretic and pain reliever.



Ensure to Move your Feet Constantly while Sitting for long time:

Especially when you are sitting on the air plane or bus, also make sure to walk or stand for a short period every hour or two. Such helps prevent swelling of the legs.



Health Guidelines during Hajj and Umrah:

- ✓ Adhere to preventive precautions (sterilization, face mask).
- ✓ Maintain personal hygiene and environmental cleanliness.
- ✓ Avoid direct exposure to the sun.
- ✓ Prevent food poisoning.
- ✓ Take precaution when shaving.
- ✓ Adhere to security and safety.
- ✓ Store medications correctly.



Maintain Personal and Environmental Hygiene:

- Make sure to keep your hands clean.
- Use tissues or upper arm when coughing or sneezing.
- Avoid throwing waste and leftover food on the roads.
- Dispose of waste in designated containers.



It is necessary to wear a face mask and use tissues when sneezing or coughing, especially when you use transportations such as airplanes and buses, as they are one of the most places where infection spreads.



Preventing Food Poisoning:

- ✓ Make sure to wash fruits and vegetables before eating them.
- ✓ Eat packaged foods and avoid exposed foods.
- ✓ Don't leave exposed food after eating.
- ✓ Check the expiry date of foods.
- ✓ Avoid storing food on buses.

Remember that keeping cooked food at room temperature for more than two hours causing germs growth.

Precautions when Shaving:

- ✓ Choose an authorized barber.
- ✓ Ask the barber to wash his hands.
- ✓ Use disposable razors.
- ✓ Avoid sharing tools at all.
- ✓



Remember that using your own tools is the best way to protect yourself from infections. It is recommended not to walk barefoot.

Basic Tips for Hajj:

- ✓ Don't spit on the ground.
- ✓ Don't Smoke.
- ✓ Avoid climbing mountains or high places.
- ✓ Avoid crowds and stampedes.
- ✓ Avoid climbing on the roofs of vehicles and cars.
- ✓ Avoid sitting on the road.
- ✓ Avoid overloading the electrical plugs.





Security and Safety Tips:

- ✓ Familiarize yourself with the emergency exits.
- ✓ Unplug electrical appliances when leaving the residence.
- ✓ Avoid climbing on the roofs of cars and buses.
- ✓ Avoid crowds and stampedes.

The Most Common Diseases:

- Respiratory diseases.
- Diarrhea, Esoenteritis, and constipation.
- Skin diseases.
- Heat injuries
- Meningitis.
- Muscle and ligament strain.

Some Ways to Prevent and Limit the Spread of Diseases:



- ❖ Avoid shaking hands when greeting others and adhere to social distancing.
- ❖ Don't drink iced or very cold water.
- ❖ Avoid direct exposure to air conditioners when sweating.
- ❖ Use face masks.
- ❖ Avoid crowded places as much as possible.

Important Instructions on using Face Masks:

What is the best way to use face masks?

- ❖ Wash your hands.
- ❖ Choose the appropriate size of the face mask.
- ❖ Place the face mask on the nose, mouth and chin.
- ❖ Fasten the face mask.

- ❖ Press the metal piece to take the shape of the nose bone.

Prevention of Diarrhea, Esoenteritis, and Constipation:

- Ensure the safety and cleanliness of the packaged foods and its expiration date.
- Avoid using shared tools (spoons, etc.)
- Maintain personal hygiene.
- Avoid exposed foods.



Prevention of Constipation, includes:

- Eating a huge amount of vegetables and fruits.
- Drinking plenty of fluids.

Skin Diseases:

Intertrigo (Rash):

Skin inflammation and redness resulting from constant friction.

Prevention:

- Good ventilation.
- Good personal hygiene and use of appropriate ointments or powder.

Sunburns:

Inflammation and redness due to prolonged exposure to strong sunlight.



Prevention:

- Use an umbrella.
- Avoid exposing your body to the sun.
- Use sunscreen creams or ointments.

Heat Injuries:

Heatstroke:

Severe rise in body temperature due to exposure to high temperatures.

Heat Exhaustion

Significant exhaustion of the body occurs in times of extreme heat.

Cramps or Heat Pain:

(Muscle pain due to an imbalance in some mineral elements as a result of sweating).

Prevention:

- Don't expose yourself directly to sunlight.
- Drink plenty of fluids.
- Do not exhaust your body.
- Take a break after performing each religious rite, if possible.



Muscle and Ligament Strain:

Symptoms:

The severity of muscle strain varies depending on the individual's fitness and the strength and amount of movement.

Pain - swelling - muscle stiffness – rupture.

Reasons:

- Poor fitness.

After Performing Hajj:

After Hajj season, it is expected to suffer from some common symptoms, such as:

- Exhaustion.
- Muscle aches and pains.
- Headache.
- Laziness.

- Sleep disturbance.
- Suntan.

These symptoms appear from exposure to sunlight, excessive movement, without previous fitness, and exposure to cold and influenza viruses.

**May Allah accept your good
deeds.**

لأن الوعي وقاية

إدارة التشخيص الصحي

Health Promotion Department

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