

Health precautionary measures and guidelines for **THE HAJJ SEASON 2023**

#Hajj_Safely

Health precautionary measures and guidelines before Hajj:



Visit a doctor at least 1 month before travelling to review your health status and assess any potential risks during the pilgrimage.



Make sure to carry the required medicines based on the doctor's advice. For chronic diseases, it is recommended to carry medicines for an extra three days after the scheduled time of travel.



Make sure to carry medical reports about your health conditions, medications and doses, as this helps to follow up on your condition, if required.



Take the required vaccines 15 days before travelling to ensure its effectiveness in providing immunity and maximum protection, and make sure to record the information in the International Vaccination Card issued by authorized health centers.

Health precautionary measures and guidelines before Hajj:



Meningococcal vaccine is mandatory, while influenza and pneumococcal vaccines are recommended.



Get the flu vaccine at least 15 days before you travel to the Kingdom.



Prepare a medical/first aid kit. It can include dressings, plasters, small bandages, antiseptic lotion/cream, adhesive tape, blister dressings, sunburn lotion, antihistamine cream, and analgesics for pain and fever.



Ensure having essential personal care products such as towels, toothbrush, toothpaste, etc.

● Health precautionary measures and guidelines during Hajj:

You must follow the below preventive health measures to avoid respiratory illnesses, food poisoning, gastrointestinal and heat-related illnesses:



Avoid direct exposure to sun to avoid heatstroke.



Use an umbrella to protect yourself from the heat.



Drink plenty of water and juices to replenish fluids lost through sweat.



Make sure to clean your hands before preparing food, after eating, after using the washroom, and after touching animals.



Avoid touching the eyes, nose, and mouth with unwashed hands.



Cover the nose and mouth with a tissue when coughing or sneezing and discard the tissue in the trash bin.



Use masks in crowded places and gatherings, consider changing them when they are wet, and wash your hands after removing them.

Health precautionary measures and guidelines during Hajj:



Make sure to wash vegetables and fruits well.



Food should be thoroughly cooked and kept in the refrigerator. Do not leave food at room temperature for more than 2 hours.



Do not eat cooked food that is uncovered, stored outside the refrigerator, or prepared under unsanitary conditions.



Check the expiration dates on canned or wrapped food and discard if expired.



Avoid drinking unpasteurized milk or eating raw meat or animal products that have not been thoroughly cooked.



Avoid direct contact with people who appear sick and avoid sharing their personal belongings.

● Health precautionary measures and guidelines **after Hajj:**



Take enough rest and drink plenty of fluids.



If you develop fever and cough that interfere with your daily activities during the first two weeks after your return, it is recommended to do the following:

- A. Consult a doctor
- B. Cover your mouth and nose with a tissue while coughing or sneezing and wash your hands regularly
- C. Avoid close contacts with others to avoid infecting them

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