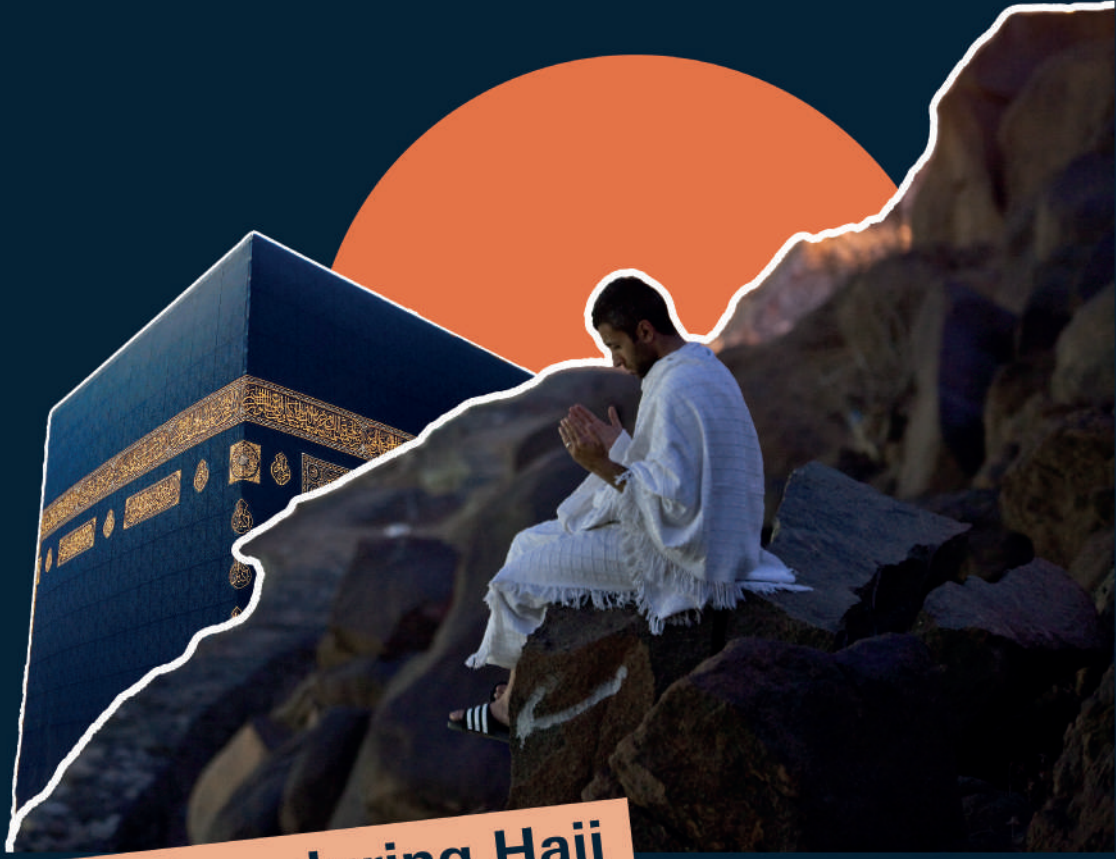


## Important health guidelines



to follow during Hajj

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Wear your mask in crowded areas and avoid handshakes



Avoid direct sunlight



Wash vegetables and fruits well before consumption



Use a parasol



Eat fiber-rich fresh vegetables and fruits



Drink plenty of fluids such as water and natural juices



Avoid uncooked foods



Wash your hands with soap & water before and after eating, & after using the bathroom



Double check the expiry date on canned products



don't touch your eyes, nose & mouth before washing your hands



Use a napkin when coughing or sneezing

How to adhere to sneezing  
and coughing **etiquette**

during Hajj?

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Use napkins to cover your mouth and nose



Dispose of them in the bin



Wash your hands with soap and water



**Important**

**health guidelines  
to follow**



**after Hajj**

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## it's important to:

Rest and drink  
plenty of fluids

In case any symptoms  
appear two weeks after  
your return

## we recommend you:



Visit your doctor



Cover your mouth and nose with a napkin when sneezing and coughing and wash your hands regularly



Avoid contact with others to limit the spread of the infection

#HajjSafely

# What are the general health guidelines



for Hajj?

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Complete your required vaccinations 2 weeks before travels



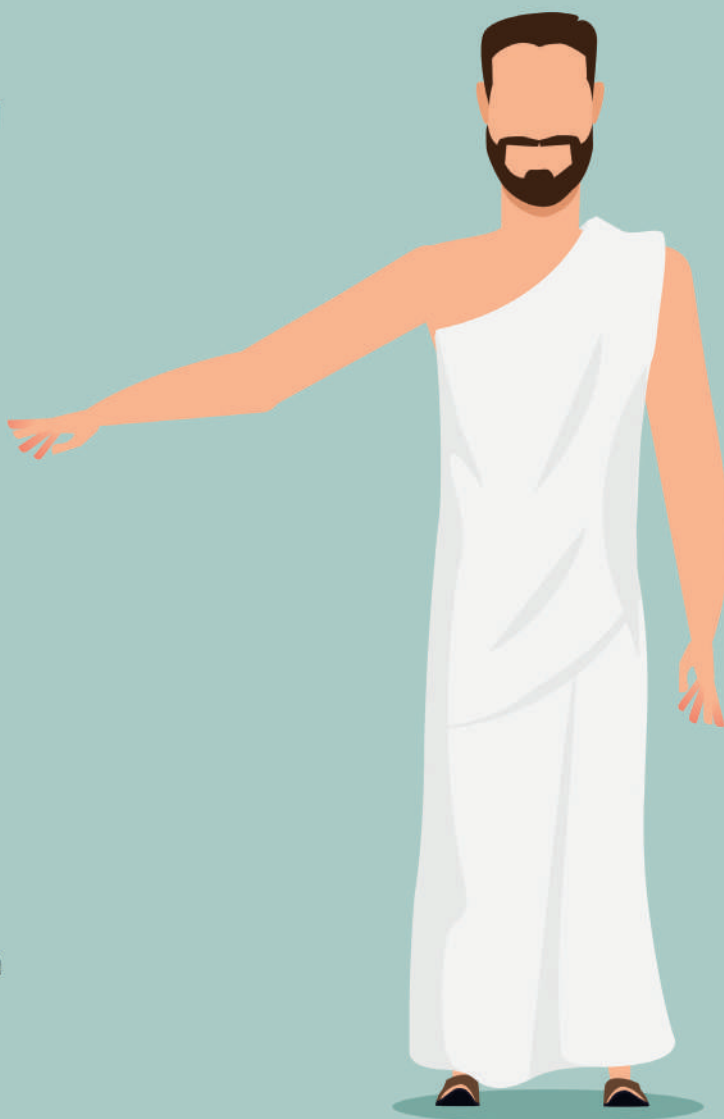
Keep your hands clean



Wear your mask properly



Cover your mouth and nose with napkins when sneezing or coughing



#HajjSafely



What important

**vaccines should  
you complete**

before travelling for Hajj?

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Covid-19 vaccine  
with boosters

Meningitis vaccine

Flu vaccine

How to maintain

# Clean hands



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## It's important to clean your hands regularly



Before and after eating



After using the bathroom



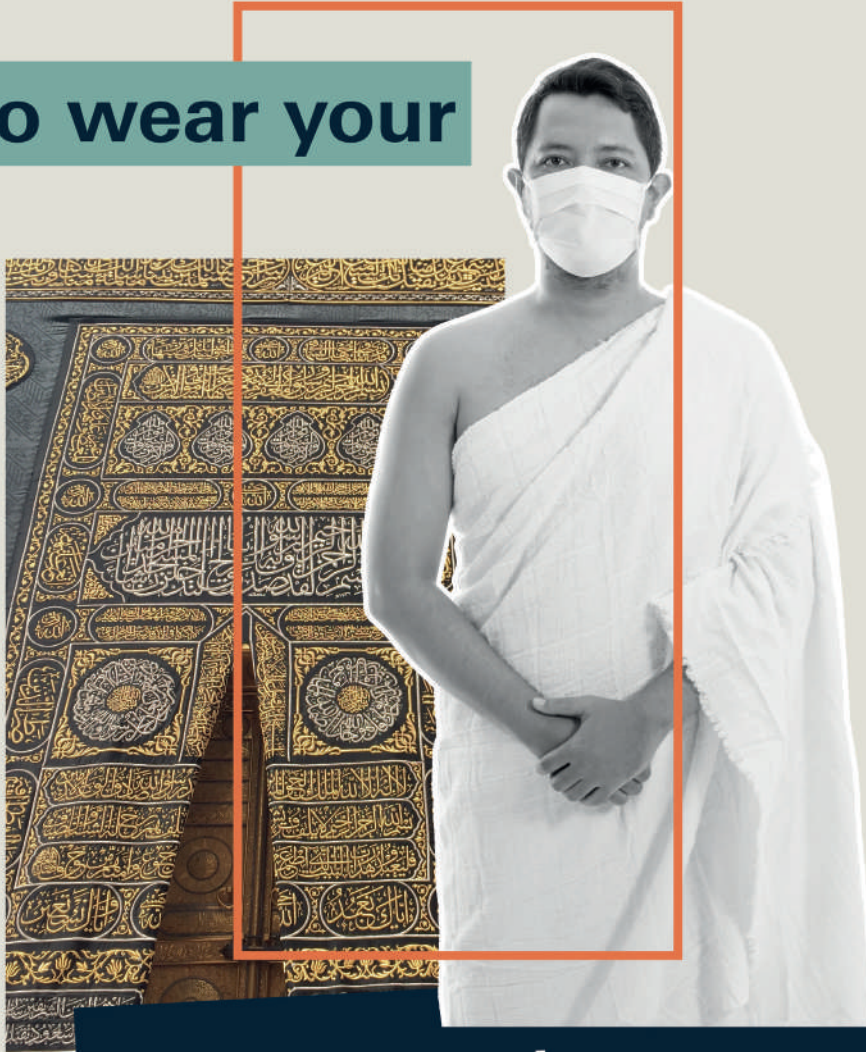
After sneezing or coughing



Before and after arriving home



**How to wear your**



**mask properly**

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**Wash your hands  
thoroughly before  
and after putting  
your mask on**



**Avoid touching the  
outside of your mask**





Replace your mask  
when **it's damp**

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**Make sure it covers  
your mouth and nose**

Protect your health  
and that of others

الإرشادات الصحية

during Hajj

وزارة الصحة ووقاية المجتمع | UAE MOHAP

By:



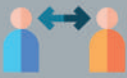
Keeping your hands clean



Not sharing food and drinks



Not sharing shaving tools



Maintaining physical distance



Not sharing your personal prayer rug



Refraining from handshaking and hugging



Disinfecting frequently touched surfaces





#HajjSafely

**Important**  
**health**  
**guidelines**



**Before Hajj**

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Take the required vaccines  
2 weeks before your travels



See your doctor a month  
before your travels



Pack hand sanitizers, wound  
sterilizers and moisturizers  
for burns and allergies



Pack a sufficient amount of  
medication, especially in  
case of a chronic disease



Pack the needed toiletries  
such as towels, toothbrushes  
and toothpaste



Carry a detailed report  
explaining medical conditions,  
treatment and doses





When should hajj  
pilgrims consult

a doctor?



**Consult your doctor if any of the following symptoms appear:**

Fever

Sore throat

Muscle pain

Runny nose

Headaches

Chest pain

Nausea, vomiting  
and diarrhea

Coughing &  
difficulty breathing

Rashes on the  
face or hands