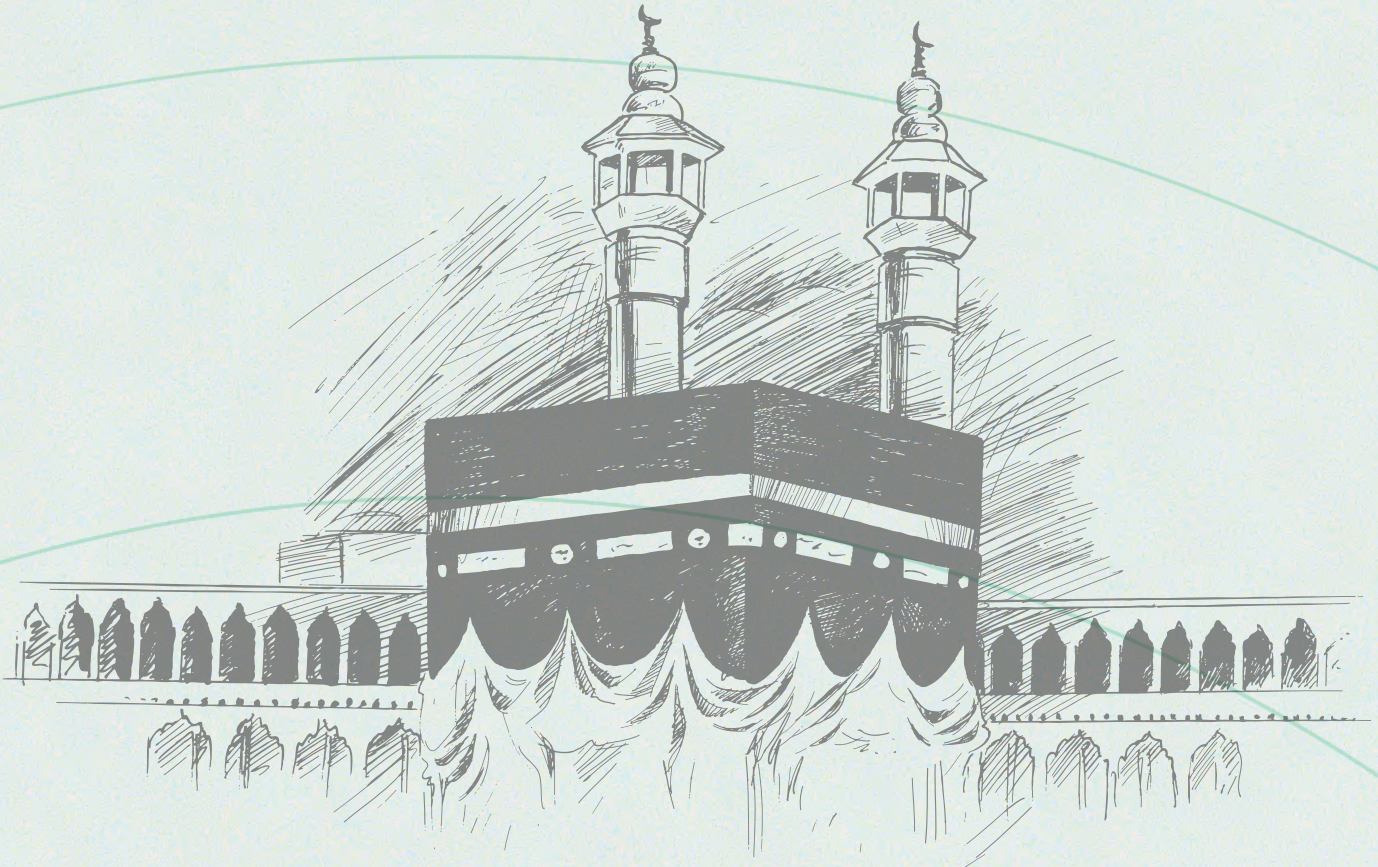


Health precautionary  
measures and guidelines for

# THE HAJJ SEASON 2024

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## ● Health precautionary measures and guidelines before Hajj



Visit a doctor at least 1 month before travelling to review your health status.



Make sure to carry the required medicines based on the doctor's advice, especially if you suffer from any chronic diseases.



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.



Get the flu vaccine at least 15 days before you travel for Hajj.



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



Ensure having essential personal care products such as towels, toothbrush, toothpaste, a hand fan, a stainless steel water bottle, a light colored umbrella, etc.



## Health precautionary measures and guidelines before 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 wash or sanitize your hands before and after preparing food, after eating, after using the washroom, and after touching animals.



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



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



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



## Health precautionary measures and guidelines before 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 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 before 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:

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



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