

HEALTH GUIDELINES FOR PILGRIMS





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PREPARATIONS BEFORE HAJJ



Pre-Hajj Preparations:

It is important to make sure to take the necessary Hajj vaccinations



Inside the kingdom

Vaccination against meningitis

For those who have not previously been vaccinated against meningitis in the past five years, it should be taken at least 10 days before Hajj



Vaccination against seasonal influenza

One dose of vaccination was given during the year 1445 AH

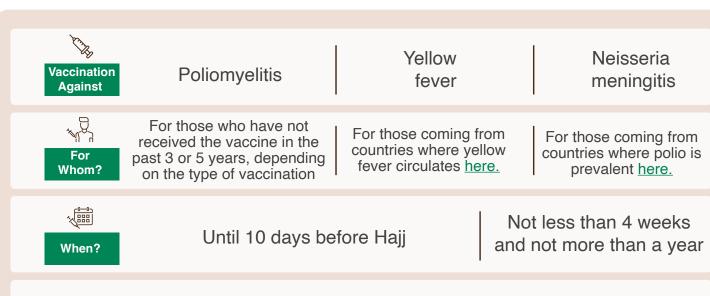


Vaccination against Corona (Covid-19)

One dose of vaccination was given during the year 1445 AH



For pilgrims from outside the Kingdom:



It is recommended to complete vaccination against Coronavirus - 19 and seasonal influenza with a dose given during the year 1445 AH, in addition to updating vaccination against the targeted diseases in accordance with health requirements here.



Health guidelines before Hajj

If you are one of those suffering from chronic diseases, consult your doctor to ensure the stability of your health condition and your ability to perform Hajj. If you have diabetes, you should consult your doctor regarding:



-Adjusting the dosage of medication during the Hajj period.

Make sure to have a sufficient amount of medication, especially if the pilgrim suffers from a disease that requires taking medication on a continuous basis, such as heart disease, high blood pressure, and diabetes.



Make sure to have a detailed report explaining the type of diseases, medications and doses, as this helps to follow up your condition when necessary





How to increase your physical fitness before Hajj

Do aerobic exercises

Exercise for 30 minutes daily

If you have a chronic disease, consult your doctor about the type of physical activity

Make movement activities, e.g: using stairs instead of elevator

DURING HAJJ



General guidelines for personal hygiene:



When coughing or sneezing, be sure to use a tissue to **cover your mouth and nose**. Use your arm if you do not find a tissue



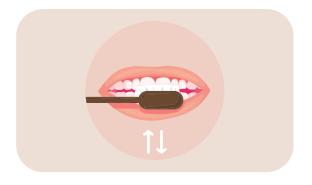
Make sure to **wear a mask** and not come into contact with anyone showing respiratory symptoms



Cleaning the residence place daily



Wear **clean clothes** to avoid skin abrasions



Oral and dental hygiene



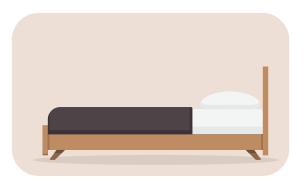
Cleaning hands



After coughing or sneezing



Before, during and after food preparation



When arriving at the residence place



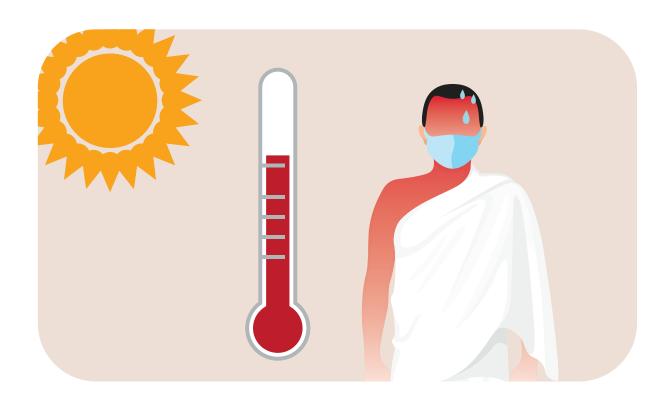
After using the bathroom



Thermal strokes and infections

Sunstroke

Heat stress is a life-threatening health condition that is usually associated with an uncontrolled rise in a body temperature above 40 degrees Celsius and dysfunction of the central nervous system, such as delirium, convulsions, or coma, the most important causes of which are exposure to high temperatures and high humidity, or exposure to great physical stress





Sunstroke is a medical emergency that must be treated as soon as possible through the following



Remove outer clothing, and cool the body with water, especially the head and neck



Transfer the injured person to a cool place



Give the injured person fluids



Expose the injured person to an air source such as conditioner or fan



Request emergency services and go to the nearest health facility



Heat stress

It occurs when pilgrims are exposed to high temperatures for long periods, which results in intense sweating and the loss of a lot of water and salts in the body

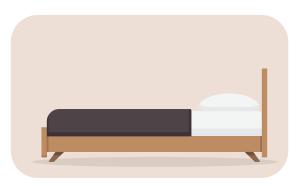
To avoid heat exhaustion:



Avoid heat and crowds



keep away from direct exposure to the sun



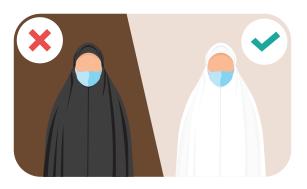
Be careful to have rest



Make sure to **drink fluids** (water and juices that contain necessary salts)



Be sure to use light-colored umbrellas



Make sure to wear **light-colored clothes** (for women)



Areas where heat stress injuries are common:

- Tawaf, especially at noon
- Upper Arafat at noon
- Places for slaughtering sacrifices, and places for throwing stones in Mina, due to the long distance and crowding when throwing stones





Muscle stress:

Muscle fatigue occurs as a result of poor physical fitness, excessive fatigue, and violent movement

Methods of treating muscle strain:



Compress the affected area to relieve pain



Stop **moving** when you feel pain



Take painkillers



Cool the affected area to relieve pain



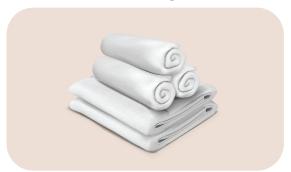
Skin abrasions

This problem is common during the Hajj season, especially for people who are overweight, obese, or diabetic, as the skin becomes inflamed and redness occurs in the folds of the thighs, and sometimes in the armpits and under the breasts.

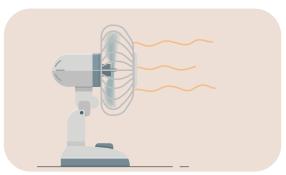
Prevention of skin peeling:



Pay attention to **personal hygiene** and use appropriate ointments on the body before walking



Make sure to **keep those two areas dry** and wear cotton
clothes to prevent friction



Good ventilation of the body's creases, such as upper thighs and armpits



Sprinkle **baby powder** after sweating

When infected, ointments for this problem should be used, after washing the affected area with soap and water repeatedly



Drought

It occurs when the amount of water the body receives is less than the amount lost through vomiting, diarrhea, exhalation, sweat, or urination

It is cause by:





Dehydration avoiding while performing Hajj rituals:



Keep drinking enough water daily



Eat foods rich in water, such as fruits and vegetables



Treatment for dehydration depends on the case:

- It is preferable to visit a doctor when symptoms begin
- Drink replacement fluids or take them intravenously in severe cases
- In cases of diarrhea, if it is due to a bacterial infection, the doctor may recommend antibiotics
- The doctor may recommend anti-vomiting medications
- In case of high temperatures, the doctor may prescribe medications to reduce temperature



The fall

Anyone can fall, but older adults are more likely to fall, especially if they have a chronic health problem

What should a pilgrim do if he falls?



Find a stable piece of furniture, such as a chair, and hold on to it



If you fall, it is important to remain calm. If you are not hurt and feel strong enough to get up, do not get up too quickly



Hold on to the furniture with both hands to support yourself, and when you are ready, get up slowly. Sit down and relax a little before continuing your activity





Avoiding of falling during Hajj:

- Avoid performing rituals during times of heavy crowding as much as possible
- keep away from crowding
- Do not climb mountains and highlands
- Wear suitable shoes
- Do not walk on slippery floors with socks.

Pay attention when there are balance disorders, or poor vision or hearing, it is necessary to use medical aids, such as canes, wheelchairs, eye glasses and a medical hearing aid, to avoid falls and its complications



Sprained ankle

It is a tear or strain in the ligaments that surround and connect the leg to the foot, when tripping while walking or running

Symptoms



It varies in severity depending on the severity of the injury, but generally includes pain, redness, bruising, swelling or loss of ankle movement

Note

If you think your ankle has been sprained, do the following:

- Rest as much as possible.
- Do not put weight on the affected foot
- Use crutches when moving around
 Put cold compresses on the injury's spot
- Use a compression bandage and wrap the ankle and foot to avoid swelling and bruising
 Raise the affected foot up to avoid swelling
- Consult a doctor if pain and swelling persist



Health guidelines for preventing respiratory infections

- Wash your hands well with soap and water, especially when returning to your residence, while coughing or sneezing, before eating, and after using bathroom
- Avoid touching eyes, nose and mouth directly with the hand as much as possible.
- Use a tissue or upper arms (elbow) when coughing or sneezing.
- Wear a mask, especially in very crowded rituals
- Avoid direct contact or sharing personal items with infected people.
- Clean and sterilize objects and surfaces that you frequently touch around your camp stay



Dengue fever and Zika virus



Those coming for Umrah, Hajj, seasonal work, or for any other purpose in Hajj areas, are advised to take the necessary measures and precautions to avoid mosquito bites, wear protective clothing (preferably light color), cover as much of the body as possible, and use insect repellent

In the event of a public health emergency of international concern - God forbid - or the occurrence of outbreaks of diseases subject to international health regulations; The Ministry of Health will take additional measures other than those mentioned above, in coordination with the World Health Organization



Food safety and food poisoning prevention



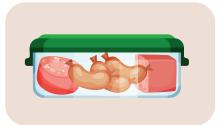
Wash vegetables and fruits well before eating them



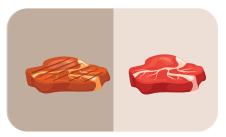
Be careful to wash your hands before and after eating



Do not eat foods that are exposed or stored outside the refrigerator



Avoid storing cooked food on the go for long periods



Separate raw foods from ready-to-eat ones



Check the expiry date of foods and drinks



First aid:



person to a hospital

SPECIAL HEALTH INSTRUCTIONS FOR SOME PATIENTS DURING HAJJ



Special health instructions for some patients during Hajj

Health guidelines for heart patients:

In general, a heart patient can perform Hajj rituals if his health condition is stable. However, it is preferable for him to do the following:



Take a sufficient amount of medications and store them in a safe and appropriate way



See your doctor before going for Hajj to evaluate your health condition



Avoid exposure to excessive physical effort and use a wheelchair during Tawaf, Sa'i, and when feeling tired



Carry a medical card or a report (showing your (condition and the medications you are taking



,When you feel any chest pain or shortness of breath you should immediately visit the nearest health facility



Health guidelines for diabetics:

Patients with diabetes can perform Hajj, God willing, after undergoing a medical examination and knowing their suitability for Hajj, but they must be aware of what they may be exposed to during Hajj:



Suffering from wounds or ulcers in the feet or elsewhere, due to excessive .movement and crowding



Low blood sugar level, which may occur as a result of stress, exposure to heat, and .changes in diet and eating



Dissections that occur easily in diabetics, due to congestion, excessive sweating, and abnormal blood sugar levels



The following are tips for pilgrims with diabetes to avoid these problems



Carrying a glucose meter to measure your blood sugar level daily and regularly, especially when you feel an imbalance in your blood sugar level



Wearing a bracelet around the wrist or carrying an identification card stating that the pilgrim has diabetes and the type of treatment, so that the necessary assistance can be provided when needed



Ensure that insulin is cool during transportation and storage, by placing it in an appropriate ice container (thermos) or refrigerator at the place of residence



Taking sufficient amounts of diabetes medications, and following the diet according to the instructions of the specialist doctor





Make sure to wear comfortable socks to protect the feet from any ulcers, and avoid walking barefoot (for women)



The pilgrim can carry some sweetened juices or sweets with him, as a precaution to take when he feels symptoms of hypoglycemia



Temporarily stop continuing the rituals when you feel symptoms of low blood sugar



It is recommended not to start Tawaaf or Sa'i until after having medication and adequate food, in order to prevent low blood sugar levels



Use special shaving tools when exiting Ihram



Drink water in appropriate quantities and regularly



Health guidelines for asthma patients:



The patient is advised to wear a bracelet around the wrist that shows his name, age, diagnosis of the disease, and type of treatment



An asthma patient should always carry an emergency inhaler with him while performing rituals to use it when needed



When the patient feels any symptoms of an asthma attack, such as: (repeated coughing or coughing, wheezing, difficulty or shortness of breath, tightness or pain in the chest, sleep disturbance due to shortness of breath), he should go to the nearest health care facility



An asthma patient must visit his doctor to monitor his health condition and review his treatment plan before going for Hajj



Severe crowding may cause a severe asthma attack, so it is preferable to perform rituals during less crowded times to avoid the occurrence of attacks.



Before performing any physical effort, it is preferable to use a bronchodilator after consulting a doctor, especially during Tawaf, Sa'i, and throwing the Jamarat



Health guidelines for allergy sufferers:

The patient may suffer from excessive sensitivity to some substances in the environment, such as smoke, dust, foods, chemicals, and others. Allergies may affect any organ in the body, as they may affect skin, or eyes and nose and are called nasal and eye allergies. They may also affect the chest (called (asthma). This may increase during the Hajj or Umrah season, due to crowding, dust, soil, heat, and exhausts of cars

Here are some suggestions that may help alleviate these health problems:



In cases where the allergy is caused by eating certain foods, the treatment is to avoid eating those foods



In the case of skin allergies or nasal and eye allergies, the sick pilgrim can take appropriate anti-allergy medications with him, according to medical instructions. In general, there is no risk to the pilgrim from allergic diseases, except in cases of exacerbation of chest allergies or what is called (asthma)



An allergy patient is advised to avoid places, times, jobs, and foods that trigger allergies, such as not being exposed to direct sunlight and avoiding crowds



Health guidelines for kidney patients:

There are a number of kidney diseases, but we focus here in general on kidney failure that requires dialysis, poor kidney function, and kidney stones:



The kidney failure patient should be keen to undergo dialysis periodically during the Hajj period



See your doctor before going for Hajj to evaluate your health condition



Refer to the nearest health center or hospital if any body disorders occur, such as intestinal infections or urinary tract infections



Make sure to carry prescribed medications and store them in a suitable, easily accessible place



Do not eat too much meat and proteins so as not to affect the function of kidneys



Avoid exposure to the sever hot sun for long periods, to prevent loss of fluids and salts from the body



first aid

First aid for low blood sugar:

If the blood sugar test result is low or you feel symptoms of low blood sugar



A blood sugar test after 15 minutes, if the blood sugar result is in the normal range



Raising blood sugar by, for example, drinking sweetened juice or two tablespoons of honey



If the blood sugar result is still low, try again to raise the blood sugar by, for example, drinking sweetened juice or two tablespoons of honey and measuring after 15 minutes



Eat a meal that contains carbohydrates to maintain blood sugar levels



If the blood sugar test result is still low and the patient does not respond and is about to lose consciousness, he must be quickly injected with a dose of glucagon, if it is available at the .site of the hypoglycemia



If glucagon is not available and the patient does not regain consciousness within 15-20 minutes, the patient must be transferred to the hospital as soon as possible



First aid for Epistaxis:



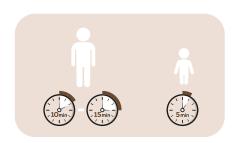
Pressure on the nose from the cartilaginous (non-bone) part on both sides, avoiding pressure on only one side, even if the bleeding is on only one side



Cold compresses or an ice pack can be placed on the nose, as it helps the blood vessels to contract



Bending slightly forward while sitting, or standing, avoiding lying down, or tilting the head back, as this will cause blood swallowing and vomiting



Press the nose for at least five minutes for children, and from 10 to 15 minutes for adults



Repeat the previous steps if the bleeding does not stop, while applying pressure on the nose for a period of not less than 30 minutes. If the bleeding does not stop, you must go to an emergency hospital immediately



First aid for Bruises:



Apply ice packs to the affected area



Rest and elevate the affected area to prevent swelling and relieve pain



Apply ice to the affected area for no more than 15 strokes at a time and repeat throughout the day



Wrap the ice pack in a towel



Take some painkillers to relieve the pain



Precautions for shaving when exiting Ihram





Remember that using your own shaving tools is the best way to protect yourself from infection in a barber shop



Use disposable razors, and avoid sharing any other types



AFTER HAJJ



After Hajj:

Safety instructions for offerings and sacrifices

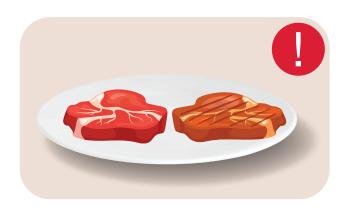
Before cooking:



Use tissues and towels only once



cleaning hands



Avoid putting cooked meat in the same plate as raw meat



Cleanliness of cooking utensils used



When grilling:



Make sure the meat has completely thawed before grilling



Stir the meat constantly to ensure it is done



Avoid cooking meat in advance to grill it later



Avoid placing meat directly on burning coals so that it may not get burned



Meat being charred on the outside does not mean it is cooked



For your safety

The first aid kit must be prepared before the day of sacrifice in case of emergency situations

Minor wounds:



Change the bandage or adhesive daily



Wash hands to avoid infection



Place a sterile bandage or clean cloth on the wound area and apply pressure to the wound



You should go to the emergency room if:



The wound continues to bleed



Having a special health condition such as diabetes or others



The presence of redness, swelling, or increased pain



The presence of foreign body in the wound



Deep wounds and severe bleeding:



Put a sterile bandage or clean cloth on the wound and press firmly on the area until help arrives



Immediately transfer the amputated and injured part to a hospital



Do not remove a sharp object embedded in the body or attempt to clean the wound until help arrives



In the case of amputation, place the amputated part in a clean bag and then in a bowl of cold water and ice



Services you are interested in knowing

For your health inquiries, call 937 Receiving calls around the clock in language

Persian Persian



French Français Indonesian Anonim Urdu اردو **English English**

Arabic العربية

Your health services are closer to you through the "Sehaty" application
Unified application for health services



Find out the nearest health centers and hospitals around you





