For a Healthy Hajj
Your complete guide for a Healthy Hajj

#Healthy_Hajj
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Before Hajj
Mandatory Vaccination
Pilgrims from Kingdom of Saudi Arabia

<table>
<thead>
<tr>
<th>For who?</th>
<th>When vaccine is taken?</th>
<th>Duration of the Immunity</th>
</tr>
</thead>
<tbody>
<tr>
<td>For those who haven't been vaccinated before</td>
<td>Before 10 days</td>
<td>5 years</td>
</tr>
<tr>
<td>For All</td>
<td>Before 10 days</td>
<td>1 year</td>
</tr>
</tbody>
</table>

- Vaccinate against Meningococccemia
  - Mandatory vaccine

- Vaccinate against Seasonal influenza
  - Mandatory vaccine

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## Mandatory Vaccinations
For pilgrims from all over the World

<table>
<thead>
<tr>
<th>Countries</th>
<th>For who?</th>
<th>Vaccination date before Hajj</th>
<th>Immunization period</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yellow Fever</td>
<td>Some countries of Latin America</td>
<td>Before 10 Days</td>
<td>Forever</td>
</tr>
<tr>
<td></td>
<td>Some countries of Africa</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>All residents of listed countries</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meningitis</td>
<td>All those who have not been vaccinated within 5 years</td>
<td>Before 10 Days</td>
<td>3 Years for unconjugated vaccine, 5 Years for conjugated vaccine</td>
</tr>
<tr>
<td>Poliomyelitis</td>
<td>Targeted countries</td>
<td>Before 4 Weeks</td>
<td>After a while booster dose</td>
</tr>
<tr>
<td></td>
<td>All residents of listed countries</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Seasonal Influenza</td>
<td>All</td>
<td>Before 10 Days</td>
<td>1 Year</td>
</tr>
<tr>
<td>MMR Vaccination</td>
<td>All</td>
<td>Before 2 Weeks</td>
<td>Based on Age</td>
</tr>
<tr>
<td>(Measles, Mumps &amp; Rubella)</td>
<td>All residents of listed countries</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
How to **Improve Your Fitness** in Preparation for Hajj?

### Benefits

- Reduced exertion
- Improved stamina
- The ability to perform hajj rites fully and properly

### Physical Exercise

- Gradually increase the intensity of the exercise
- Wear proper sportswear and sneakers
- Make sure to do stretching exercises for muscles
- Get 60-20 minutes of exercise per day
- Do aerobic exercises

### Nutrition

- Get enough rest
- Drink plenty of fluids
- Exercise at least two hours after a meal
- Maintain a healthy diet

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Nutrition Tips

- Drink enough fluids
- Follow a well-balanced, healthy diet
- Avoid overeating, to stay active

Carbohydrates
Minerals
Proteins
Vitamins
Fats

Meal distribution
2 Light Snacks
3 Main Meals

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General Guidelines for Maintaining Personal Hygiene

What should you do When you sneeze or cough

- Use tissue paper to cover your mouth and nose
- If there are no tissues, you can sneeze or cough into your arm
- Dispose used tissues in the trash

Make sure to keep your mouth clean and brush your teeth daily

Clean your Place daily

Always wear clean clothes to prevent friction

When should you wash your hands?

- After using the toilet
- Before and after eating
- Upon returning to your residence
- After coughing or sneezing

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What health precautions should you take when shaving?

Make sure to:

- Choose a suitable authorized barber
- Remind the barber to wash his hands
- Use new razors
- Use single-use razors

Avoid:

- Going to street barbers
- Re-using tools used by others
- Using alum

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Health Guidelines On Heat Exhaustion

Make Sure To

- Drink Fluids
- Carry Light-colored Umbrellas
- Take Rest

Avoid

- Direct Exposure to The Sun
- Heat & Crowd

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Things you should avoid in Hajj
Prevention Of Food Poisoning

Don’t Leave Food & uncovered Exposed to Germs

Check The Expiring Dates Of Food & Beverages

Don’t Buy Food From Hawkers

Keep Food in the Fridge or Prepare one meal

Avoid Storing Cooked-food in boxes for a long time

Wash Hands Before & After Preparing Food

Wash Hands After using the Bathroom

Wash Utensils Before & After Preparing Food

& Wash Fruits Vegetables Before eating

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Cholera

**Symptoms**
- Severe diarrhea
- Dehydration and thirst
- Abdominal cramps and vomiting

**Disease characteristics**
- Cholera is an Infectious disease
- It usually spreads through contaminated foods and water
- It can be fatal

**How to protect yourself against cholera?**
- Relieve yourself away from water sources and residential neighborhoods
- Keep water tanks clean
- Dispose of waste properly in designated areas
- Use clean bottled water for drinking, washing and preparing food
- Wash your hands with soap and water before and after eating and after using the toilet

The mortality rate of cholera is less than 1%
How to Prevent Viral Gastroenteritis

Wash your hands well, and avoid using any tools used by others.

Ensure the safety and cleanliness of the food you consume.

Make sure that the meat is well-cooked.

Avoid foods high in fats and sugars.

Drink plenty of fluids like water and juice.

Eat plenty of fresh fruits and vegetables.

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Respiratory System

Doctor Tips

- Take Painkillers
- Drink Warm Fluids
- Take Cough Medicine
- Have Enough Rest
- DO NOT take antibiotics unless prescribed
- Take Decongestants

Avoid
Crowds

Avoid
Extremely Cold Drinks

Avoid
Direct Air-conditioning

Avoid Infected People

Avoid Using Patients’ Tools

Keep Hands clean & Away from Eyes & Nose

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Asthma Patients

Causes of shortness of breath

Car exhaust fumes
Dust

Medical Tips

Consult your doctor before setting out for Hajj

Get enough rest and avoid crowds

Go to the emergency room immediately if you don’t respond to the rescue inhaler during an asthma attack.

Take bronchodilators before doing any activities that require physical activity

Wear a medical ID bracelet stating the details of your condition

Carry your inhaler on you at all times

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How to Prevent Respiratory Diseases

Stay away from people suffering from respiratory diseases

Avoid using the tools and personal belongings of patients suffering from respiratory diseases

Avoid touching your eyes and nose

Stay away from crowds as much as possible

Make sure that the tools you use are clean

Keep your hands clean

Use tissue paper to clean your eyes and nose

Spend more time in open spaces

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Important Guidelines for using Medical Face Masks

How are medical face masks used?

- **Hold** the medical face mask with one hand and securely cover your nose, mouth and chin.
- **Pull** the upper elastic band and place it behind your head.
- **Adjust** the metal nose piece and press on it until it takes the shape of your nose.
- **Pull** the lower elastic band and place it under your ears.
- **Wash** your hands well before touching the medical face mask.

Are you wearing your medical face mask properly? Check by placing your hands near the borders of the mask and breathe. Do you feel air coming out of the sides?

When should you put on a medical face mask?

- If you suffer from an infectious disease
- When you visit a patient
Your Safety in Hajj

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- Wear protective masks.
- Stay hydrated.
- Avoid crowds.
- Practice good hygiene.

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Steps for Treating Muscle Spasms during Hajj

<table>
<thead>
<tr>
<th>Causes</th>
<th>Treatment Methods</th>
</tr>
</thead>
<tbody>
<tr>
<td>Poor fitness level</td>
<td>Stop moving if you start to feel pain</td>
</tr>
<tr>
<td>Overexertion</td>
<td>Apply pressure on the injured area to alleviate the pain</td>
</tr>
<tr>
<td>Violent movements</td>
<td>Place ice packs on the area to reduce pain</td>
</tr>
<tr>
<td></td>
<td>Elevate the injured area to reduce swelling</td>
</tr>
<tr>
<td></td>
<td>Consult your doctor when necessary</td>
</tr>
</tbody>
</table>

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Eid Day
(Day of Sacrifice)
Safety Instructions for Sacrifices

Pre-cooking Guidelines

- Wash your hands
- Use napkins and towels only once
- Avoid putting cooked meat in the same plate with raw meat
- Ensure cleanliness of tools used for cooking

Refrigerate meat broth for no longer than:
- 1-2 days
- Freeze meat broth for no longer than:
- 2-3 months

Refrigerate tongue, kidney, liver, and heart for no longer than:
- From 1-2 days
- Freeze tongue, kidney, liver, and heart for no longer than:
- 3-4 months

Refrigerate meat for no longer than:
- 3-5 days
- Freeze meat for no longer than:
- 6-12 months

Barbecuing Instructions

- Meat that is roasted from the outside is not necessarily well done
- Move the meat constantly to make sure it is cooked
- Avoid placing meat directly on burning coal to avoid getting it burned
- Ensure that the ice has fully melted off the meat before barbecuing
- Avoid pre-cooking meat for later barbecuing

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For Your Safety

The first aid kit must be prepared before the day of slaughter in anticipation of emergencies. The most important contents of the kit are:

**Simple Wounds**

- Change the bandage or band-aid daily
- Wash your hands to avoid infection
- Place a sterile bandage or piece of cloth on the wound area and apply pressure to it

**Deep Wounds and Severe Bleeding**

- In case of amputation, place the amputated part in a clean bag and place the bag inside a bowl of cold water and ice
- Do not remove the sharp object implanted in the body or try to clean the wound
- Immediately transfer the amputated part and the wounded person to the hospital
- Place a sterile bandage or piece of cloth on the wound while applying strong pressure to the area

- Having special health conditions such as diabetes or others
- The presence of a foreign object in the wound
- Continued bleeding of the wound
- Redness, swelling or increased pain
- You must go to the emergency room in case of

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Eat What You Want but in Moderation

What causes abdominal pain?
Gastrointestinal disorders

Indigestion (pain or discomfort after eating) | Constipation

Symptoms

Bloated stomach

To prevent abdominal pain

Reduce your intake of foods that cause stomach gases
Avoid overeating

To avoid health problems during Eid Al Adha

Persons with diabetes and high blood pressure are advised to avoid consuming excessive meat and cholesterol-rich foods (such as livers, intestines, and others)

Make sure to add salads and leafy vegetables to the meal

It is preferable to cook meat on low heat without adding oil

Avoid overeating on Eid days

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Thank You
For More Info
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