



وزارة الصحة

Ministry of Health

General Directorate of Health Information & Public Relation

Pilgrim's Health Guide



٥٧
وزارة الصحة ، الإدارة العامة للإعلام الصحي ، ١٤٣٠ .

فهرسة مكتبة الملك فهد الوطنية أثناء النشر

وزارة الصحة

دليل الحاج الصحي ١٤٣٠هـ . وزارة الصحة . - الرياض ، ١٤٣٠ .

٦٨ ٢٤ سم

ردمك: ٧-٩٦-٦٤٤-٩٩٦٠-٩٧٨

١- الحاج - العناية الصحية ٢- الصحة الوقائية أ. العنوان

١٤٣٠ ٨٠٥٥

ديوي ٦١٤,٤٤

رقم الإيداع: ١٤٣٠ ٨٠٥٥

ردمك: ٧-٩٦-٦٤٤-٩٩٦٠-٩٧٨



YOUR HEALTH ... IS YOUR PILGRIMAGE

For the prevention of food poisoning



٢

Regularly, wash your hands well with water and soap or other cleansing materials, especially after coughing or sneezing. Maintain personal care.



١

Use disposable shaving tools. Avoid sharing others' personal tools absolutely. This may lead to serious infectious diseases



٤

Use tissue to cover your mouth or nose on coughing or sneezing. Get rid of used tissues in waste baskets.



٣

Use umbrella to avoid heat fatigue. Avoid exposure to direct sun. Take liquids as much as possible. Take enough rest.



٦

Use masks in congested and gatherings sites. Replace them according to manufacturer's instructions. Wash hands with water and soap after taking them off.



٥

Sick persons must keep enough medicine, use them regularly, keep them safely, keep-up their diets and follow physicians' guides.



وزارة الصحة
Ministry of Health

صحة
ضيوف
الرحمن
لنا عنوان

لمزيد من المعلومات اتصل: 8002494444

مركز معلومات الإعلام والتوعية الصحية

www.moh.gov.sa

Index

Introduction.....	9
Introduction.....	14
Introduction.....	15

Chapter One: Guidelines for health before performing Pilgrimage

First: physical and psychological preparation for Pilgrimage	14
Second: health requirements for Pilgrimage and Umrah	15
- Related requirements for bird flu	15
- Yellow fever	16
- Bubonic plague in the state of Libya	16
- Meningitis	16
- Polio	17
- Vaccination against influenza	18
- Preventive control in the Kingdom ports.....	18
- Food	19
Third: Preparation of health bag	19
Fourth: Health Card	20
Fifth: The bag.....	20

Chapter Two: Your Health during Pilgrimage

Personal Care	22
Respiratory diseases.....	24
Diseases of the upper respiratory tract.....	25
Swine influenza	25
Lower respiratory diseases.....	27
Diseases of the digestive system.....	28
Constipation	28
Diarrhea.....	29
Abdominal cramps, nausea	29
Meningitis	30



Skin diseases and fungal	30
Eye disease.....	32
How to massage your hands with alcohol?	33
How to wash your hands with soap and water ?	34
The correct way to put-on/ off the mask	35

Chapter Three: First Aid

First: thermal injury.....	38
-1 Thermal contractions	38
-2 Heat Exhaustion.....	38
C - Sun Stroke	39
Second: fractures, bruises and injuries of skeleton:	39
1- Fractures and spinal Parties	39
B - head injuries.	40
Third : wounds	40
1- External bleeding (open wound).....	40
2- Internal bleeding	41
Fourth: ear injury.....	41
Fifth: nose bleeding.....	42
Sixth : dental pain.	42
Seventh: Muscular Stress.....	43
1- Muscle strain.....	43
2- ligaments Strain.....	43
Eighth: back pain..	43
Ninth: bites.....	44
1- Scorpion sting.....	44
2- Snake bite.	44
Tenth: Burns.....	44
1- Ambulance thermal burns	45
2- Sunburn.....	45
Eleventh: fainting.....	45
Twelfth: Headache... ..	46

Thirteenth: Food Poisoning.....46

Chapter Four: Pilgrimage and chronic diseases

- Tips for people with chronic diseases 50

- Diabetic.....50

- First aid for the low blood glucose51

- Treatment of low blood sugar52

- Health tips for patients with asthma52

- First aid for asthma patients.....53

- First aid for seizures53

- Tips for heart patients in the Pilgrimage.....54

- First aid for heart patients54

- Tips for patients with high blood pressure.....55

- Arthritis and Pilgrimage.....55

Chapter Five: Guidelines for Health

Part I: Women and Pilgrimage.58

Part II: Health Tips for the pilgrims59

Part III: Security and Safety.....60

Part IV: Phone Directory Health61

Part V: The Ministry of Pilgrimage in Figures 1429.....63



صحتك ... زاد حجك



- من الضروري أخذ لقاح الحمى المخية الشوكية، للبالغين والأطفال (من عمر سنتين فأكثر)، قبل الذهاب للحج بمدة لا تقل عن ١٠ أيام، ولا تزيد عن ٣ سنوات.
- كما ننصح بأخذ لقاح الأنفلونزا الموسمية، خصوصاً المصابين بالأمراض المزمنة.



وزارة الصحة
Ministry of Health

صحة
ضيوف
الرحمن
لنا عنوان



لمزيد من المعلومات اتصل: **8002494444**

مركز معلومات الإعلام والتوعية الصحية

www.moh.gov.sa

Introduction

Praise be to Allah, Lord of the Worlds, prayer and peace upon our Prophet Muhammad peace be upon him and his family and companions.

Generally, the services provided to pilgrims to God's Mosque, and health services particularly, obtains growing interest of the Custodian of the Two Holy Mosques, HRH the Crown Prince, and Second Deputy - Chairman of Pilgrimage Supreme Committee - God bless them all.



This is reflected clearly on the level of health services provided by the State represented by the Ministry of Health to provide better health preventive, curative and ambulatory services in all its facilities or leading for the pilgrims and visitors in the areas of Pilgrimage.

Ministry of Health considers the service of pilgrims and visitors to the city of His noble Messenger as an honor, through the Permanent motto (The health of pilgrims is our address). In addition, the Ministry and its staff give attention and priorities to all work related to the provision of health services during the Pilgrimage season, raising the degree of readiness, and to avail all its resources and energies to the provision of health services during the pilgrimage season in accordance with the various plans and programs, to be of high quality. These are confirmed by the indications and proofs that pilgrims can feel from year to year.

Ministry is aiming to meet the hopes and aspirations of the rulers, God save them, and in line with the directives of the ministry aimed at the safety and service of patients and gain their satisfaction.

By God's guidance, the Ministry in its plan for the pilgrimage season this year 1430 looks forward to provide preventive, emergency and remedial advanced services to pilgrims of the Mosque, and His Messenger's, peace be upon him, Mosque visitors, through collective action coordinated between all the heads and members of committees and sectors of the formed by the ministry and participants in the pilgrimage of this year through health facilities of the Holy Places, the holy capital, the holy city of Medina.

Fulfilling the directives of the Custodian of the Two Holy Mosques, and HRH the

Crown Prince, and Second Deputy Premier, may Allah keep them all, to boost all precautionary and preventive measures to host the pilgrims of the Mosque and visitors of the Prophet Muhammad - peace be upon him - mosque, and exert attention to prevent them from all diseases, and to take all necessary precautions against bird flu (H1N1);

Ministry of Health applied a package of precautionary and preventive measures before and during the pilgrimage season to protect the pilgrims, God willing, from exposure to disease that stems from the national local scientific visions and recommendations, specialized consultants, and World Health Organization recommendations. These include procedures related to the entry movement of the pilgrims through the various ports enabling it to own good systems in the field of epidemiological surveillance and follow excellent testing procedures.

The Ministry has initiated and prepared health surveillance centers, at the air, sea and land ports of the Kingdom by medicines, medical supplies and Tamiflu in sufficient quantities, in addition to it has three diagnostic laboratories in Mecca, and another laboratory - for the first time - inside the Holy Places that can perform lab tests through polymerization molecular technology. In addition, King Saud Hospital in Jeddah is prepared and ready to the reception and treatment of pilgrims cases infected with swine flu. Hospital includes a number of specialties, most notably, internal and intensive care.

As a complement of the ministry's plan to manage this disease, it has prepared four laboratories in Mecca region, one each in Hira General Hospital, Al Noor Specialist Hospital, King Faisal. This year, also for the first time, polymerase chain reaction (PCR) can be done in the holy places at Mina Alwadi Hospital, where (24) hour technical staff works in laboratories that were trained to conduct lab tests for swine flu.

This year witnessed the preparation and operation of Ajyad Emergency Hospital with a capacity of (52) beds of various medical specialties. Also, at King Faisal Hospital, tuberculosis culture division is set-up - first of its kind in Mecca - with a full modernization of the Operations Room and the Emergency Room with a capacity of (29), and intensive care unit, and increase to (20) beds. In addition, Ibn Sina Hospital has been restored to accommodate (100) beds that help to relieve the pressure on the holy capital's hospitals For the holy places, re-construction of Mina Alwadi hospital

is restored with the latest modern specifications for capacity of 268 bed including intensive care, sunstroke and observation beds. Entire infrastructure of the Mina Aljisir hospital is done, bed capacity increased from (112) beds to (168) beds including intensive care beds. In addition, Mina The New Street Hospital outpatient clinics has been transferred from camps to a new building, with the establishment of two floors residence of the hospital staff. Mina area health centers has been developed. Health centers in the Jamarat Bridge are increased to (20) centers.

As everyone knows, the ministry is focusing on plans to spread health awareness among the pilgrims before they come from their countries until they return to their homes safely - with the permission of God, where programs have been implemented to raise awareness of the health of the pilgrims in their own countries including instructions and requirements of health in more than a dozen living languages worldwide, with a focus on common Pilgrimage diseases, and methods of prevention. These efforts continues from the arrival of pilgrims to the Kingdom ports (Air, sea and air), where the distribution of educational pamphlets to pilgrims - translated to more than ten live languages- or through the displays of available at ports upon their arrival. These efforts continues also during the pilgrimage season through all Holy Places with health facilities, different transportation means and pilgrims camping places by using various methods of awareness

The publication of this Health Guide as an outcome of the sincere efforts made by the Directorate General for Information and Health Awareness to contribute to the success of the Ministry's plans aimed to guide the pilgrims to maintain their health and safety before, during and after the performance of the Pilgrimage as a package of guidance and medical advice needed by pilgrims.

I beg Almighty God to perpetuate our beloved Kingdom with security, prosperity, to preserve our rulers and pay off their footsteps to what He loves and pleases Him. Also, I pray to Almighty to accept Pilgrimage pilgrims and destine them to health and safety to return to their country safely with sin forgiven, grateful deeds and well pilgrimage... He may listens and responds.

Minister of Health

Dr. Abdullah bin Abdulaziz Al-Rabiah



Key Word

the Kingdom of Saudi Arabia is characterized by its important geographical location. It is located between the continents of Asia and Africa. Allah has honored it by the existence of the Two Holy Mosques, making it the Qibla of millions of Muslims from all over the world. Therefore, the Government of the Kingdom of Saudi Arabia, under the patronage of the Custodian of the Two Holy Mosques and his Crown Prince - may



God protect them – offers all the services to ensure that the pilgrims and visitors of the House of God can perform the rituals in health and ease. Among the health services programs are, preventive and curative medicine, where health awareness represents the backbone for the prevention of infectious and non-infectious diseases alike, since it includes the guidance on sound scientific basis for the pilgrims of the holy land preventing, God willing, of these diseases, particularly infectious ones.

Based on the responsibility of the Ministry of Health - represented by the Deputy Agency of Preventive Medicine, for preventive program of the season of Hajj and Umrah, and as of the importance of this aspect of awareness; The General Directorate for Health Information and awareness had continued its role in the preparation and issuance of Hajji health guide. This will help Hajji to take all necessary health precautions such as vaccines, preventive treatments and direct him with advice to fully comply with the rules of infection control, proper hygiene & safety principles. It is considered as a reference that provide the best advices and health services for pilgrims

I wish all the pilgrims to take full advantage in what is mentioned in this guide and work by it up to the time of his return home with good health and disease-free, God willing.

Assistant Undersecretary for Preventive Medicine

D. Ziyad Ben Ahmed Memesh

Introduction

Give effect to the directives of the rulers, - God keeps them well - to provide the best care and attention to the pilgrims, the Ministry of Health, like all other sectors of the State - May god bless them - is keen to put this guidance into practice.. As soon as the pilgrimage season ends - almost in the middle of the month of Dhu al-Hijjah every year - the preparing for the next year pilgrimage season starts. All new capabilities, potentials, readiness, preparation and arrangements of following pilgrimage through committees Pilgrimage health are deployed.



Ministry's plan in the pilgrimage season featuring integrated and harmonized workshop between the parties involved in the implementation of the plan to provide preventive health, curative and emergency services for the pilgrims of the Holy city and visitors of His Messenger mosque - peace be upon him - in line with expectations and guidance of the rulers, God bless them, through many of health facilities in the Kingdom scattered regions starting from the main ports of the Kingdom through the pilgrimage areas down to the holy places up to the city of Medina.

Amid the ministry's priorities is focusing on preventive aspects of the pilgrims. It aims, through its plans, to prevent any epidemics and infectious diseases during pilgrimage. Therefore, pilgrimage season will be free of epidemic diseases, God willing.

The ministry has recruited more than ten thousand male & female employees such as physicians, nurses, technicians and administrators to implement the general plan of the ministry to serve the pilgrims as well as the visiting workforce of physicians and nurses in the field of intensive care, anesthesia and emergency.

We hope that with this handy Pilgrim's Health Guide, instructions identifying some of the health services locations and how to obtain them without trouble or hardship, as well as advices and guidance to ensure the health, God willing, in maintaining the health and safety of the pilgrims. I am pleased to extend my thanks to all whom contributed to the preparation of this guide.

In conclusion.. I pray to God Almighty to grant success to the governors in command each in what would be for the good of this country to perform this annual mission that God honored this immaculate country, and to accept the Pilgrimage pilgrims.

Director General of health information and relationships

D. Khalid bin Mohammed Marghalani

YOUR HEALTH IS YOUR PILGRIMAGE

For the prevention of food poisoning

للوفاية من التسمم الخبائث

٢



2- Make sure of well washing fruits and vegetables before eating.

١



1- Avoid buying food that is uncovered or subject to contamination

٤



4- Wash your hands well with soap and water before eating

٣



3- Make sure of expiry date of canned or stuffed food.

٦



6- Remember that storing cooked water for more than 2 hours in room temperature or buses, may lead to microbes growing, then leading to food poisoning.

٥



5- Cook the food well. Eat it immediately after cooking or keep it in the fridge with suitable cooling degree.



وزارة الصحة
Ministry of Health

صحة
ضيوف
الرحمن
لنا عنوان

لمزيد من المعلومات اتصل: 8002494444

مركز معلومات الإعلام والتوعية الصحية

www.moh.gov.sa

Chapter One

Guidelines For Health Before Performing Pilgrimage

8002494444

مركز معلومات الإعلام والتوعية الصحية



First: physical and psychological preparation for Pilgrimage

Millions of Muslims from different races and various countries meet to perform this act of worship at a time and place. In addition to the requirements of this act of worship of physical movement and continuous multiple effort, Here my Pilgrim brother, you have to set your body and psychology, just as you set your luggage and may be a bit more.

Physical and health preparation before pilgrimage:

There is no doubt that good health and fitness enjoyed by Pilgrim makes it easy for him to perform Pilgrimage. Thus, we advice him to try to raise his level of health and fitness before leaving his homeland. Most important of these preparations are:

- Doing some exercise regularly, especially walking sport. this makes it easy to Tawaf (Circumambulation) and Sa'ii (Marching), which will save you lots of traction muscle injury.
- Be sure to take a balanced diet of fruits, vegetables, fluids and juices, especially those containing vitamin c and calcium.

Psychological preparation before the pilgrimage:

Many pilgrims are concerned and feared, especially in the first time. However, we assure the pilgrims that their fear have no basis. An evidenced is that the desire of each pilgrim to perform it. So, we would like to remind you of the following needs:

- Familiarize yourself with patience and endurance.
- Take things easily and without spasm.
- Learn how to coexist and integrate with others the right way, especially if you put in your mind that these are your fellow pilgrims, and reward to your patience will be earned after days of great discomfort. Get closer to God by helping others which will let you feel happy unknowingly.

Psychological & health preparation during traveling:

My brother-pilgrim, whether you are traveling by plane, bus or car, sitting for long periods will expose you to fatigue. Therefore, we offer you some guidance to help you during travel:

- Be sure to eat in balance. Avoid fatty foods and drink more water.

- Be sure to wear loose clothes, and wear comfortable shoes, before performing the rituals.
- Be sure to wear proper sunglasses to protect eyes from dust and sunlight.
- Breathe deeply and slowly on a regular basis.
- Try not to sit more than two hours without movement.
- Move the abdominal and buttocks muscles periodically in your seat.
- While sitting try to move and stretch your feet from time to time.
- Get off at rest-stop, walk and move your head, your neck and your back to avoid muscular traction.
- Plane travelers can move in the corridor between the seats once every hour or stand in place if possible.
- My brother-pilgrim; to avoid travel-sickness and nausea, we recommend the following:
 - Consult your physician before you travel to take some pills for the prevention of dizziness.
 - Eat a small amount of food before travel, avoiding fat.
 - Try to sit in the most stable places such as the front seats in the bus, and the seats closest to the wing in the plane.
 - Look straight to the front, and do not star at specific thing, or focus your eyes in a corner.
 - Try to get off the bus for walking and moving frequently.



Necessary Health provisions requirements

for comers to perform pilgrimage and Umrah for the 1432 H season.

First: Necessary requirements before obtaining the visa of pilgrimage & Umrah:

1) Yellow fever:

- a. Requests from coming persons for Pilgrimage and Umrah, from the infected countries declared with yellow fever (listed below) to provide valid vaccination certificate against this disease according to the International Health Regulations stating that they are vaccinated against the disease before coming to the Kingdom not later than 10 days or more than 10 years from arrival.
- b. According to the International Health Regulations, aircraft, ship and various transports coming from yellow fever infected countries are required to declare a valid certificate stating extermination of insects and mosquitoes on board.

Yellow fever infected countries are:

Angola, Benin, Sudan, Senegal, Burkina Faso, Central African Republic, Cameroon, Burundi, Uganda, Congo, Côte d'Ivoire, Sierra Leone, Somalia, Ethiopia, Democratic Republic of Congo, Gabon, Gambia, Ghana, Guinea, Equatorial Guinea, Guinea Bissau, Togo, Kenya, Liberia, Sotomi and Principe, Mauritania, Niger, Nigeria, Rwanda, Tanzania, Mali, Ecuador, French Guiana, Guyana, Brazil, Bolivia, Suriname, Peru, Panama, Trinidad and Tobago, Venezuela, Colombia, Argentina, Paraguay.

2) Meningococcal Meningitis:

A - for people from all over the world:

Request from all coming to Pilgrimage, Umrah, or to work seasonally in Pilgrimage areas from any country, to provide valid certificate of vaccination against meningitis (10 days and not less than 3 years before coming to the Kingdom). Relevant party of the country should take care of confirming the ACYW135 vaccination of adults and children from the age of two years or more with a single dose of vaccine, four.

B - Arrivals from the African Belt States:

Sudan, Mali, Burkina Faso, Guinea, Guinea Bissau, Nigeria, Ethiopia, Ivory Coast, Niger, Benin, Cameroon, Chad, Eritrea, Gambia, Senegal, Central Africa.

In addition to the quartet vaccine, as mentioned above, the Saudi health ports authorities will give them preventive doses (a single dose of only 500 mg of ciprofloxacin), in order to reduce possible carrying rate, including the.

3) Poliomyelitis:

- Requests from countries that are still have poliomyelitis virus spreading, namely: Uganda, Kenya, Benin, Angola, Togo, Niger, Burkina Faso, Mali, Central African Republic, Chad, Côte d'Ivoire, Ghana, Democratic Republic of Congo, Sudan, Ethiopia and Nepal, to vaccinate less than 15 years old children with (Oral Polio Vaccine) six weeks before coming to the Kingdom, and to present a proof certificate. Another oral Polio vaccine dose will be given to them upon arrival to the Kingdom.

- All arrivals (all ages) from poliomyelitis infected countries such as (Nigeria, India, Pakistan and Afghanistan) are requested to have (Oral Polio Vaccine) six weeks before coming to the Kingdom, and to present a proof certificate. Another oral Polio vaccine dose will be given to them upon arrival to the Kingdom regardless of their ages.

4) Seasonal Influenza:

Saudi Ministry of Health recommends that each pilgrim and Umrah performer must be vaccinated with the seasonal Influenza, especially persons who are chronically ill (heart disease, kidney disease, respiratory diseases, neurology disease, diabetes), patients with congenital or acquired immunodeficiency, metabolic diseases, pregnant women, and people with obesity.

Second: Health Education:

Health authorities in the pilgrims countries must educate them about the congenital diseases, types, symptoms, method of transfer, complications and how to avoid them.



Third: Food Materials:

Entry of food with comers to the Kingdom is not allowed, including food in the pilgrim's luggage, unless packed & sealed, or in containers that are easy to open for inspection, and come in quantities sufficient for the road only.

Fourth: Any other future procedures:

In case of a health emergency of international concern or the occurrence of outbreaks of diseases subject to International Health Regulations in any country of the pilgrims or Umrah performers, the health authorities in the Kingdom may take any additional precautions against comers from these countries (not included in the requirements mentioned above), in coordination with World Health Organization in a timely manner in order to avoid the spread of infection among the pilgrims and Umrah performers or disease transferring to their home countries.

Third: Preparation of health bag

Important in the emergency health case, God forbid.

A - There are two types of drugs that must be provided in a travel bag.

A. Generic medicines	B. Specific medicines
That is needed by pilgrim in case of some health bout. Like: Anti-fever, painkiller such as (Paracetamol, Panadol, Fevadol and other) Cough and sputum repellent. Creams, Vaseline and powder used in the event of skin exfoliation Creams and ointments for muscle injuries. Creams for cuts and burns. Laxatives for constipation. Antibiotics (after consulting a physician) Diarrhea medicine Antacid.	Special drugs for some chronic diseases such as diabetes medications, high blood pressure, asthma, heart disease. These must be provided by each pilgrim for himself, in quantities sufficient for the duration of the pilgrimage, taking a sufficient amount of additional reserve for 3 days.

B - Necessary Equipment:

Thermos to keep insulin.

A device to measure sugar.

Fourth: Health Card:

Sick pilgrim must carry a health card includes details of his health condition - placed around his wrist – and shows his name, age, diagnosis of disease and type of treatment. These data will be used in case of emergency.

The pilgrim must record names of used medications and dosage; so that they can be replaced in case of loss.

Fifth: Personal bag:

Pilgrim must be careful that his personal bag contains the following:

Cleaning materials necessary for the body such as (soap, towels, toothbrushes and razors).

Umbrella, which is important for protection from the sun.

Appropriate clothing, which are suitable with the holy sites weather.

Chapter II
Your Health during Pilgrimage

8002494444

مركز معلومات الإعلام والتوعية الصحية



Personal Care:

Reaching to full cleanliness is somehow difficult; however on the other hand lack of attention to hygiene may result to health and environmental problems that sometimes has no solutions. The importance of attention to hygiene and personal cleanliness arise in cases of gatherings and congestion - as it is usually in the pilgrimage season – of vast numbers of pilgrims. Congestion with the lack of attention to personal hygiene and cleanliness of the place can be a reason for the spread of many diseases among the pilgrims.

My brother pilgrim: take good care of cleaning your body and your clothes as much as possible. Cleanliness is part of faith, and prevention of diseases. Islam has taught us hygiene by making ablution as a condition for the validity of prayer, making (Ghusl) wash-up as obligatory in certain circumstances & desirable in other situations, and urging us as well as to clean our clothes. All of this is collected in God's saying: (O' Children of Adam! Adorn yourselves at every mosque).

Many diseases such as diarrhea, dysentery, viral hepatitis and respiratory diseases such as swine influenza H1N1 are often due to the lack of precautionous hygiene, brother pilgrim. You must maintain good hygiene:

Personal hygiene by:

- Washing hands with soap and water especially before and after eating, as well as after using toilet, and when you touch a sick person.
- In the absence of soap and water you can use gel sanitizer to clean hands.
- Take daily shower with warm water and soap (should not be perfumed in the case of ihram) to remove dirt, open the body pores and stimulate circulation.
- Wash your hair with water and shampoo to remove dust and dirt.

- Cut and manicured nails, and clean ears.
- Brush teeth after meals and before going to sleep, and do not use toothbrush of others.
- Ensure the use of towels, and clean and wash towels.
- Change underwear. Keep clothes clean and washed.
- Avoid walking barefoot.
- Avoid the use of others materials such as, combs, cloths and towels

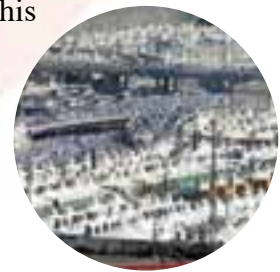
Nose and mouth masks:

Pilgrims are advised to use mask in places of gathering and congestion. Make sure to change the mask constantly, because it may become a collection place of large amounts of dust that may cause the transmission of viruses' infection including H1N1, in cases of not used correctly or not changed. Pilgrim has to learn the correct way to wear and remove mask to protect himself from infection.

Illustration of the correct way to wear and remove the mask is on page 32.

Cleanliness of housing and the environment:

Personal cleaning is not limited to clean his body and his clothes. It goes beyond to reach as well as to clean house in which he lives, and the surrounding environment, through:



Daily bed cleaning

Try to avoid eating in bed.

Try to clean the tools used by the pilgrim inside the house.

Do not throw garbage in the housing floor, or on the streets, or in unassigned places. Collect in their own bags, and then put in the allocated boxes, to avoid the presence and proliferation of harmful insects around which will harm the

pilgrims and may transmit diseases to them,

Clean in shaving:

My brother-Pilgrim, to ensure your safety - God willing - from diseases transmitted through wounds, (especially during shaving) make sure to follow these instructions:

- Beware of dealing with irregular and non-clean hairdressers
- Be sure to choose clean barber who holds a certificate of health, and is subject to supervision and periodic inspection. By this, you will avoid yourself from diseases transmitted through blood.
- Choose the right place, avoid barber on the roads and sidewalks.
- Statutory barbers under the supervision of health are many and scattered around the Mosque and Jamarat in known and authorized places.
- Make sure of using a new razor blade, for each person, and cleansing tools.



Avoiding overcrowding:

The overcrowding is an effective transmission medium of diseases, and endangers the lives of pilgrims to the risk, especially the elderly and infirm. It could affect their lives. It also prevents the pilgrims to perform the rituals smoothly and easily. Thus, my brother-Pilgrim back away from congestion and overcrowding as much as you can so that you do not face these dangers. It worthy to add that, hygiene is not a term confined to a few words, but it is a significant concept of consequent or actions of behaviors that has greatest impact on society and the environment. If focused and applied seriously, it will contribute to the prevention of the spread of disease; God willing, but if neglected, it results in environmental and major health problems.

Almighty God said: (If I got sick, God will cures me)

During pilgrimage, Pilgrim may experience, God forbid, some common diseases in the pilgrimage. We shall highlight the most important ones, and how to treat them.

First: respiratory diseases:

Bronchial is infected by bacterial or viral infection transmitted through inhalation of contaminated air. Those diseases include as well as inflammation of the throat and tonsils.



Respiratory diseases are divided into two types

1. Diseases of the upper respiratory tract:

Diseases of the upper respiratory tract are more common and widespread diseases, such as cold. This disease produces a virus (or several types of viruses), which are transmitted from one person to another.

Symptoms:

Congestion and head heaviness.

Nasal channels obstruction.

Continuous sneezing.

Headache, runny mucous.

Redness of the eyes.

Rise in temperature that may reach 39 degrees Celsius and sometimes more.

Treatment:

- Take a rest and a lot of fluids.
- Take a hot bath, which stimulates the blood circulation in the affected areas of the body, and removes tension, followed by a cold bath.
- Painkillers and antipyretics such as (Panadol, Profen, Voltaren).
- In cases of severe coughing, patient is given medications to bronchodilators that reduce the severity of severe coughing, or medicine for expelling

phlegm.

- In case of throat inflammation, use some antibiotics after consulting a physician.

Swine flu:

- It is a respiratory disease caused by (H1N1) type virus.

Can swine flu virus be transmitted from person to another person?

The virus is transmitted from one person to another the same way as the seasonal flu, through contact with swine flu viruses contaminated article and then touching mouth or nose, or through coughing and sneezing.

Symptoms of swine flu in humans:

The symptoms of swine flu in humans are similar to the symptoms of seasonal flu, fever, headache, drowsiness, cough, sore throat, vomiting and diarrhea.

When should I visit the physician?

In adults:

- 1- In case of breathing difficulty.
- 2- Pain or pressure in the chest.
- 3- Severe and persistent vomiting.
- 4- Bloody phlegm.
- 5- If the fever does not improve after 3 days.

In children:

- 1- Difficulty or rapid breathing.
- 2- Difficulty in breathing and skin.
- 3- Severe or persistent vomiting.

Tips for prevention of swine flu: H1N1

1. Take swine flu H1N1 vaccine.

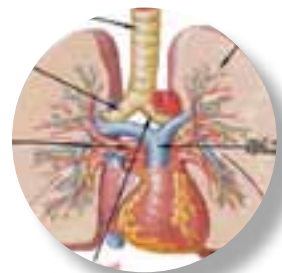
2. Wear masks in crowded places, sites and communities (during the Tawaf & Sa'ii).
3. Regularly wash hands with soap and water for 20 seconds, or use disinfectants several times a day.
4. Use napkins to cover the nose and mouth while sneezing or coughing, and then dispose them.
5. Avoid touching eyes, nose or mouth until washing hands well.
6. shake hands when greeting others is sufficient.
7. Consult a physician in the case of the emergence of severe symptoms of influenza.

The Ministry of Health recommends postponing the pilgrimage of the following categories:

- People with chronic lung diseases, including asthma patients who take treatment.
- People with heart, liver and kidneys disease.
- Diabetes People.
- People with (HIV) resulted of treatment, primary or acquired.
- People with obesity.
- People with metabolic diseases.
- People with sickle cell anemia.
- Pregnant women.
- Children less than 12 years.
- People older than 65 years.

2. Diseases of the lower respiratory tract (pneumonias):

The lung infections is one of acute inflammation that affect people who suffer from general debility, and ill airways chronic, and persons who suffer from malnutrition and HIV, and some blood diseases. The



rapid and acute vagaries of weather often play a direct role in the emergence of lung infections.

Symptoms:

- Feeling cold that lasts for a few minutes and sometimes for hours
- Rapidly rising temperatures to reach 39-40 degrees Celsius with sweats.
- Headache, chest pain that increases during inhalation and cough
- Dry coughing for about two days that will then turn to coughing accompanied by phlegm mixed with blood. The color of sputum is usually rust-colored, yellow or green.

Treatment:

- Take a rest and stay away from any cause of inflammation.
- Use antihypertensive temperature medications, such as (Panadol, Profen)
- Take drugs for expelling phlegm.
- Give the patient antibiotics under the supervision of a physician.



My brother Pilgrim, to avoid these diseases you must follow the following tips:

1. Do not stay in humid, contaminated and have little exposure to sunlight places.
2. Dust-out regularly your staying place
3. Do not mix-with and approach persons with colds.
4. Take care of nutrition, and drink fluids containing vitamin C such as lemon and orange juice.
5. Refrain from smoking.
6. Avoid fatigue and long waking-up, and anything that can lead to fatigue

and weaken the body's immunity.

Second: Diseases of the digestive system:

Diverse symptoms of the digestive system diseases can cause upset to people such as belching, fullness and pain in the abdomen. Some of these diseases are:

I. Constipation:

One of the disorders suffered by the digestive system and can be described as difficult and abnormal frequent stool.

Symptoms:

Difficult and abnormal frequent stool

Swelling in the abdomen

Treatment:

Eating a large amount of fresh vegetables and fruits

Eating fruits that contain a high rate of fiber that helps treating constipation such as (figs, apricot, plum)

Drink fluids, especially water about 1-2 liter a day (except for patients with heart failure and kidney failure). Follow the instructions your physician.

Use laxatives when necessary after consulting a physician

II. Diarrhea:

That is getting out stool that is liquidly and incoherent than normal

Symptoms:

The large number of stool output more than the natural rate accompanied by colic and cramps, vomiting

Rise in temperature.

Treatment:

- Take lot of fluids so that the body is not exposed to dehydration.



- Stay away from meals that contain fat
- If necessary, use some drugs for the treatment of diarrhea, after consulting a physician.
- If necessary, use dehydration solution, which are available in pharmacies.
- Use antibiotic after consulting a physician, if diarrhea was as a result of food poisoning.

III - Cramping and nausea:

As a result of contractions of intestinal digestive disorders, which lead to the occurrence of nausea, vomiting, after emptying the stomach contents.

Symptoms:

A - Abdominal pain

B - constipation or diarrhea

C - Disorders of the digestive system

D- Acidity

Treatment:

Do not take anything by mouth until the vomiting and nausea stops.

After the cessation of nausea, try to compensate the fluids frequently, in small amounts so the patient is not exposed to dehydration

Use of nausea drugs or palliative colic drugs after consulting your physician, especially in children and young people.

Third: meningitis:

It is an inflammation of the brain meninges and spinal cord that affects the nervous system.

Symptoms:

- Rise in temperature. - Headaches.
- Hardening or stiffness in the neck.
- Vomiting. - Loss of consciousness.

Treatment:

Visit the hospital immediately.

Fourth: Skin diseases:**I. Fungal skin diseases:**

These are many and varied, affecting people at different ages, races and spread dramatically in all developed and developing countries of the world's, including cold and warm countries, though somewhat are more in warm countries due to excessive sweating. Most important of these diseases are:

- Ringworm:

Characterized by the appearance of red color spots of different shapes with clear borders while skin tends to the natural color in the middle of the spots, due to lack of cleanliness of the body and excessive sweating.

Symptoms:

Itching, that infection may reach to the skin of the head.

Prevention:

- Do not use others tools.
- Do not sleep in dirty places
- Take shower regularly.

Treatment:

Use of anti-fungi after consulting a physician.

Skin Rash (Abrasion of thighs)

These cases are more in people with obesity, and tend to be on the skin.

Prevention:

Use pilgrimage pants that are permitted loyally by Grand Mufti of the Kingdom. This is similar to un-threaded pants that cover the lower part of

the abdomen to the bottom of the thighs. This can be worn by pilgrims and Umrah Ihram as underwear to prevent friction between the thighs and genitals and the surrounding area.

Symptoms:

Pain, itching, burning and redness.

- Congestion in the skin that may lead to difficulty in walking.

Treatment:

- Good ventilation of the affected area.
- Expand the walking pace.
- The use of talcum powder and other creams or Vaseline.

II. Parasitic skin diseases:

Infectious skin diseases spread in most countries, despite the progress of scientific development and the level of health awareness among people. Most of these diseases do not adhere to the level of social, cultural or even a certain standard of living; they affect people of all levels and categories.

Some of the most contagious skin diseases are:

- Scabies:

It is skin disease that is highly contagious and rapidly spread from one person to another through touching or through the exchange of personal items such as towels or bed linen.

Symptoms:

1. Severe itching at night, especially between the toes and heel, hands, abdomen.
2. Skin infections that comprise grains, vesicles, pustules and thick crusts.

Treatment:

1. Wash the body well and hardily to remove ovals from the skin and repeat

the process every day.

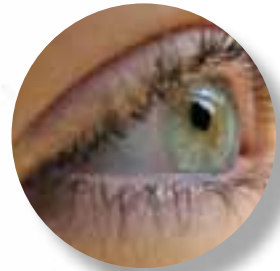
2. Use of compositions, ointments and lotions for this disease locally such as (Pinzon Benzyl) with different concentrations of 20% or 30% under supervision of a physician.

Fifth: Eye diseases:

Some of the most important diseases that affect the eye in these seasons are:

Eye Dryness:

Eye Dryness occurs due to lack of tears in the eye due to disorder in the lachrymal gland, and in sometimes exposure to direct sunlight by the dry air and dust.



Symptoms:

1. Eye irritation.
2. Red and swollen eye.
3. Lack of tears.

Treatment:

1. Avoid the use of contact lenses.
2. Wear sunglasses.
3. Use artificial tears in the form of drops
4. Use moisturizers and eye drops that is called eye refreshing drops.

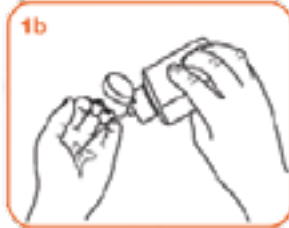
How to rub your hands with alcohol?

Rub your hands for cleaning, and wash them in case of virtual dirtiness

Total time for the action of 20-30 seconds



Fill in the grip of your hand with cleanser covering the entire surface



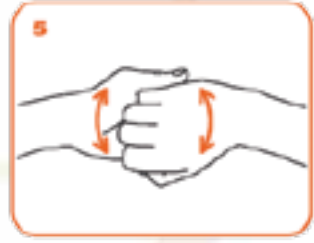
Rub the soles of hand with the other hand



Rub the right hand back and the left hand sole and vice versa



Rub the soles of a hand with the other hand with the fingers overlapped



Rub the back of a hand with the other hand with the fingers clenched



Circular rubbing of the left and then the right thumb



Circular rubbing to the front and back with right hand fingers to the sole of the left and vice versa



Your hand is safe when dry

How to wash your hands with soap and water?

Wash your hands in case virtual dirtiness and rub them for Clean Hands

Total time for the action of 40-60 seconds



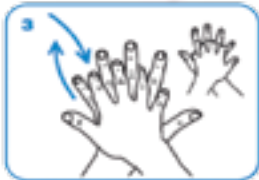
Rinse hands with water



Place an amount of soap to cover hand surface



The soles of one hand with the other & vice versa



Right hand sole and left hand back with the fingers overlapped and vice versa



hand sole and hand back with the fingers overlapped



Fingers back and the other hand sole, fingers clenched



Scrubs circularly the left and then right thumb



Scrubs circularly back and forth of right hand fingers to the left hand sole and vice versa



Rinse hands with running water



Dry hands with disposable towel



Close water tap with disposable towel



Your hands are safe now

The correct way to wear and remove mask



Grab the mask as shown in the picture so that the metal pillar of the nose opposing the fingertips, and ligaments move freely under the back of the head in the hand sole



Fix the mask on the face covering the chin bottom, taking into account that the nose metal pillar is in the upper direction.



Drag the superior ligament to the head and secure it well behind the head, then drag the inferior ligament and fix it with a low level from the superior ligament (under the ear).



Use hands fingers together to well secure the metal pillar on the nose as not to allow the air passage from the mask sides. Securing metal pillar with one hand may dent it or may reduce the mask tightening.



Make sure of securing the mask by putting hands together on the edges and not moving the mask, breath strongly (inhale & exhale) to see if there is air leak from the sides. In this case, re-secure again.



Remove the mask by the back side of the ligaments.



Wash your hands thoroughly or rub them with alcohol.

Chapter Three

First Aid



Pilgrim may be exposed to some injuries during the performance of the Pilgrimage, which calls for speed in the treatment.

These are some first aid, which the pilgrim must learn to apply on time of need.

First: thermal injuries:

These are injuries resulting from high temperatures and occur in summer seasons.

I. Heat cramps:

Definition:

Strain resulting from the loss of a small amount of fluids and salts in turn, by exposure to high temperatures. It is the first stages of serious cases of thermal injury.

Symptoms:

- Pain and contractions in the muscles, especially legs and abdomen muscles.
- The body temperature remains in the normal range.
- The skin remains moist.

First Aid:

- Move the patient away from any heat source to a cool place.
- Give the patient water or cold juice.
- Move the patient to the hospital to care for his condition.

B - Heat Exhaustion:

Definition:

It is the feeling of exhaustion and fatigue caused by exposure to high temperatures and the loss of large amounts of fluid through sweat.

Symptoms:

- Fatigue.
- Sense of dehydration.
- The body temperature remains in the normal range.
- Headache and dizziness

First Aid:

- Move the patient away from any heat source and reduce his clothes
- Reduce the temperature of the body by spraying water on the patient or by a cold bath
- The patient drinks amount of fluid. In case of fainting he must be transferred to hospital to give fluids intravenously.
- Resting and laying by lifting of the patient's legs.

C - Heat stroke:

Definition:

Very high body temperature caused by exposure to high temperatures for long periods.

Symptoms:

- Very high body temperature.
- Dryness and redness in the skin.
- Headache and dizziness.
- A gradual loss of consciousness.
- Fast and weak pulse.
- Fast breathing.

First Aid:

- Ask for medical assistance immediately even if the patient began to recover and move the patient to a cool place.
- Remove heavy clothing.
- Use cold stupe with the use of fans and air conditioners.
- Give the patient cold fluids if he is conscious.
- Move the patient to a hospital covering him with gauze or wet clothes

Advice for the pilgrim:

«Prevention is better than cure»

For the prevention of thermal injuries:

- Do not expose to direct sunlight.

- Use umbrella.
- Drink fluids in sufficient quantities.
- Avoid extreme stress.

Second: fractures, bruises and injuries of the skeleton:

1- Limbs and spine fractures:

The fractures definition: A split or cracks occur in the bones.

Symptoms:

- Severe pain in the place of injury, and increases with the attempt to move the organ.
- Swelling in the place of infection.
- Sound of cracking bones.

First Aid:

- Do not move the person with spinal cord injury.
- Put a temporary braces to prevent complications and to relieve pain.
- Do not try to restore the broken bone to its natural place.
- The patient is given a pain reliever and transferred to the nearest hospital.

B - Head injuries:

- Occur as a result of exposure to a direct blow to the head, a fall from a height, or traffic accidents.
- Serious injury clear signs in the form of headache, loss of consciousness or change in behavior.
- Try to treat the patient quickly, due to the possibility of internal bleeding, which may expose the patient to death.
- Deal with the injury with caution. Do not move the injured

First Aid:

- Ask for medical assistance immediately.
- Try to control the bleeding.
- Use the neck support

- Do not give the patient anything by mouth.
- Do not apply pressure if there was a feeling of pain for the possibility of a fracture
- Move victim to the hospital.

Third: wounds:

Definition: a wound cut in the body tissues, whether at home or outdoor.

1- External bleeding (Open wound):

It is a wound cut in the skin.

First Aid:

- Try to stop the bleeding by pressing a thick bandage on the wound or lifting up the injured organ.
- Protect the wound from contamination by sterile bandage
- Move patient to the nearest hospital

2- Internal bleeding:

Produced by body collision with strong external force, such as a fall from the top, car crashes or may occur as a result of moving the fracture

Symptoms:

- Change in skin color to dark color (If the bleeding is under the skin)
- Fast and weak pulse.
- Dizziness and lack of awareness gradually
- Nausea and vomiting.
- Increased thirst.
- Pain in the affected area.



First Aid:

- Help the patient to take a comfortable setting
- Avoid the patient exposure to cold or heat
- Transfer the injured to the nearest hospital

Fourth, ear injuries:

Causes of injury:

- At the time of head injuries.
- When an insect or a foreign object entering them.

Symptoms:

- Pain in the ear
- Difficulty in hearing
- Bleeding or discharge, in the case of head injuries
- Redness
- Dizziness and nausea
- Vomiting



First Aid:

In the case of head injury:

Cover the ear with a piece of clean cloth, and fix it with adhesive tape

The patient is laid flat in straight position on his side, until help arrives

Do not try to stop the bleeding, secretions or clean the ear. Call the ambulance immediately.

In the case of a foreign body entering in the ear:

In the case of entering a foreign body in the ear, do not try to extract it. It may cause the body to go deeper or cause a drum hole.

If there is an insect inside the ear:

- Sit the patient so that the infected ear up.
- Attract the ear-lobe back and then up, and then pour a little warm water or oil
- If the object is solid or difficult to leave quickly move the injured to hospital.

Fifth: nose bleeds:

- Patient's Calming

- Press on the bottom of the nose (Convergence of nasal cartilage with the nasal bones) making the head bend forward and down for 10 minutes.
- The patient remains on this case for (5-10) minutes. If bleeding continues, it is preferred to transfer the patient to the hospital.

Sixth: dental pain:

It is accompanied by a tingling feeling with headache

How to maintain the health of your teeth?

- Avoid foods that stick to teeth as much as possible, because they cause teeth decay.
- Use a toothbrush and toothpaste after every meal.
- If you have tooth-ache, use painkillers until you see a physician.

Seventh: muscular stress:

1- Strain muscles:

Symptoms:

Muscle cramp & pain that may reach up to the symptoms of a severe muscle tear.

2- Tendons Strain:

Symptoms:

Pain and swelling in tendon, may lead to a complete rupture of the tendon.

Causes:

- Extra effort.
- The continuing violent movement.

First Aid:

- Stop the injured from movement when he sense pain.
- Put stupes of cold water or ice on the place of pain.
- Raise up the injured organ to relieve pain and swelling.
- Use creams and muscle pain relievers.
- If the pain or swelling is not relieved, ask for help from a physician.

Eighth: Back Pain:

- Patient who is suffering from pain but able to bear it,



he ought to take a break from time to time, avoiding lifting heavy objects, and taking painkillers to relieve the pain. However, the patient who is suffering from acute pain, he must:

- Rest on a solid and flat surface with knees bent. Use warm or cold stupes on the place of pain.
- take some painkillers.
- Do not sit or stand for long periods.

Ninth: bites:

A - Scorpion sting

Symptoms:

- Local pain.
- Redness and swelling at the place of the bite.
- Muscle contraction and cramps.
- A general failure.



First aid:

1. Do not change the status of the patient and keep him calm.
2. Put pressing bandage on top of the sting.
3. Move victim to the nearest hospital.

B Snake bite:

Symptoms:

- Nausea and vomiting.
- Disturbance in vision.
- Severe pain and swelling at the bite place.
- Fast pulse and breathing.
- Change in skin color.

First Aid:

- Keep the patient calm and lying. Do not allow him to move.
- Fix the injured organ by placing a pressure roll above and below the bite. Do not press hard.

- Do not raise the injured organ.
- Clean the bite place with soap and water.
- Move the patient to the nearest hospital.
- Try to know what type of snake, to ensure what type of vaccine that should be given to the injured.

Tenth: Burns:

- It is an injury and damage that occurs in the skin and tissues of the body as a result of exposure to heat, hot fluids or electricity.

Causes:

1. Temperature (hot fluids, fire, sun).
2. Chemicals.
3. Electricity.

First Aid:

A – Treating of thermal burns.

1. Take away the injured from the heat source. If his clothes were on fire, wrap him with a blanket to extinguish the fire.
- Make sure of his breathing and pulse.
2. Pour cold water on the burn.
3. Give the patient a pain killer if possible.
4. Bandage the burn with solution or a diluted disinfectant.
5. Move the patient to the hospital.

B - Sunburn.

It is a painful infection of the skin as a result of excessive exposure to sunlight.

Symptoms:

Redness and heat of the skin.

Skin rash.

Peeling skin after injury days.

My brother Haji, prevention of sunburn are by:

Avoid exposure to the sun during the peak.

Use umbrella and hats.

Use sunglasses to protect eyes.

Use sun-creams (protection factor of 15).

Eleventh: Fainting

It is loss of consciousness caused by many reasons, including dehydration, excessive effort and lack of oxygen due to congestion or fire, or because of diseases such as heart disease, high blood sugar, low blood sugar, and nervous system diseases such as stroke, brain or epilepsy.

First Aid:

- Move the patient to a well-ventilated place.
- Lay down the injured in a relaxed and undress the narrow clothes.
- Lift the feet as high as possible
- In case of vomiting, do not give the injured anything by mouth
- Refer to a physician if the patient was injured of a fall
- Refer to a physician if the patient is known for organic disease, fainting, cramps, or if long term or repeated fainting.

Twelfth: Headache

It is a pain in the head spreading to both sides of the head or concentrated on one side that is called a migraine headache.

Some of the causes of headaches:

- Infectious diseases such as flu.
- Stress.
- Hypertension.
- High temperatures.

Migraine Symptoms:

Migraine usually accompanied by symptoms, including nausea, change in vision.

First Aid:

- Take painkillers such as Panadol or Ibuprofen.
- Sleep and rest in a dark room.
- If he did not respond to medication use cold stupes.

Thirteenth: Food Poisoning

It is an illness condition caused by ingestion of food or drink that is contaminated with bacteria or chemicals.

Symptoms:

Symptoms appear in the form of intestinal catarrh, which appear as:

- Nausea and vomiting.
- Diarrhea.
- Pain in the abdomen.

First Aid:

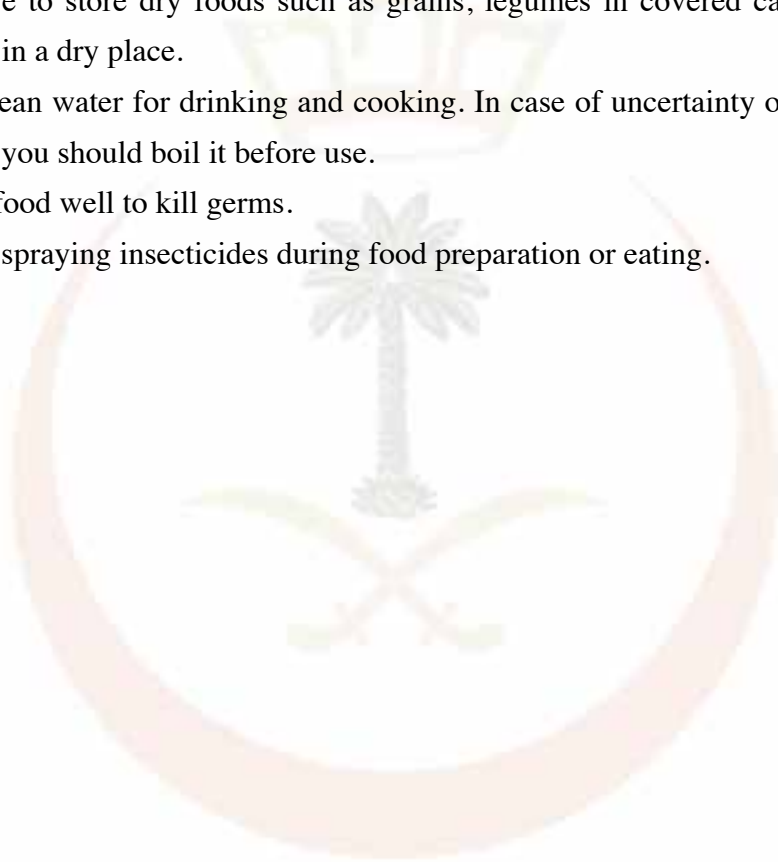
- Stop giving the patient any food by mouth
- Give the patient fluids frequently.
- Transfer the injured to hospital.

General advice for pilgrims to avoid food poisoning:

- Try to pick a clean well prepared food, from a source that you trust his honesty and cleanliness.
- Make sure that expiry date of the canned food
- Wash hands before preparing food.
- Wash fruits and vegetables well before eating
- Be sure to cover food and fruit pans. Do not expose to dust and insects, to avoid food poisoning and infectious diseases
- Be sure to buy packed food. Remember the importance of not eating foods exposed in general and in buffets specially.
- Stay away from buying food from street sellers to avoid the risk of food poisoning. Be sure to get rid of the rest of the foods, and do not store them.
- Avoid eating meat, poultry, fish, eggs that are not fresh, as well as from

unknown source.

- It is preferred to canned drink milk and pasteurized milk, as well as bottled mineral water and assortment of juices.
- Use clean utensils and dishes.
- Keep food covered in the refrigerator.
- Be sure to store dry foods such as grains, legumes in covered cans and stored in a dry place.
- Use clean water for drinking and cooking. In case of uncertainty of clean water, you should boil it before use.
- Cook food well to kill germs.
- Avoid spraying insecticides during food preparation or eating.



CHAPTER FOUR

PILGRIMAGE AND CHRONIC DISEASES



Tips for people with chronic diseases

For pilgrims suffering from chronic diseases, here are some tips on how to deal with emergency cases curing. If the Pilgrim has one of the chronic diseases such as diabetes, asthma, heart disease, etc... He must ensure the following:

- It is recommended for people with chronic diseases who has already performed pilgrimage, not to go for Pilgrimage this year in order to keep their health.
- It is recommended for people with chronic diseases and who wish to perform Pilgrimage this year to take the swine flu virus H1N1 vaccine, before heading to the sacred places two weeks at least before coming.
- In case a Pilgrim has any flu symptoms (fever, cough, throat pain, vomiting or diarrhea), he has to go to a health center in the sacred places for examination and to take the necessary action.
- Consult a physician following his health status, before going to Pilgrimage, to make sure of his ability to perform Pilgrimage without complications, God willing, and to set-up the patient's appropriate treatment plan during the days of Pilgrimage.
- Carry a special card recording the type of disease and medication, so they can be helped easily if necessary.
- Identify the symptoms of the disease such as high or low blood sugar in people with diabetes, for example.
- Identify the location of the nearest health center adjacent to the place of residence in the holy sites that can be reached when feeling some symptoms associated with the disease.

Diabetes

Low sugar blood:

What does low glucose in a patient with diabetes mean?

This is the case where rates of glucose (blood sugar) goes down to about less than (60%mg).

This leads to the emergence of many symptoms that disappear after 10-15 minutes after eating sugars.

What are the symptoms of low blood sugar?

Low blood sugar for a diabetic may cause some or all of these symptoms:

- Paleness.
- tremor
- Secretion of sweat.
- Feeling upset.
- Rapid heartbeat.
- Hunger.
- Difficulty in concentrating.
- Fatigue and exhaustion.
- Blurred vision (dizziness in the eye).
- Temporary loss of consciousness.

Some may not suffer from these symptoms when having down glucose. Loss of consciousness may happen without prior warning. To avoid this from happening, any of the meals should not be missed.

First Aid for the low blood glucose:

Diabetic should be aware of the symptoms of low sugar, so that he can provide treatment for himself before loss of consciousness and enter in a coma.

Thus, Pilgrim with diabetes should follow the following:

- Always carry the candies.
- Check blood sugar regularly, especially those with insulin (at a rate of four times or more a day).



- Always follow the proper diet, taking care to eat snacks to prevent low sugar between the main meals.
- Carry a card stating that he is diabetic, in order to assist any person to provide assistance.
- Carry injection of glucagon to be used for low sugar in case of the inability to eat or loss of consciousness.

Low blood sugar at night is a big problem for diabetics. Therefore, when wake up and feel headache, sweating or having sleep disorder such as nightmares, you must do the following:

- Measure blood sugar at night between 10-11 pm, even if it is less than 7-8 mmlol/ lit., take a snack to avoid low glucose during sleeping.
- Measure blood sugar at about three o'clock in the morning.

Treatment of low blood sugar:

If the result of the analysis of sugar is less than 70% mg (3.9 mmol), the patient must take 15 grams of sugar (3 teaspoons sugar, 2 dates, half a cup of orange juice, cup of apple juice, a cup of milk). Recheck after 15 minutes. If sugar did not rise at 30% mg, repeat the above again. Repeat until the sugar rate reaches 70 mg or more.

Tips for patients with asthma

- Patients with bronchial asthma are required to take their medicines regularly, including both tablets and sprays.
- They must also carry bronchi expanding sprayer (air channels) to use in case of shortness of breath, or whistling in the chest.
- As well as, they need to take some rest, and avoid the huge crowds in order to avoid seizures,
- In the event of asthma attack, go to the nearest clinic for checking and

receive intensive treatment with oxygen in the form of spray, intravenous shot, then give them antibiotics in the event of chest infection.

First aid for asthma

- Calming the patient.
- Help him to take his medication, such as Ventolen.
- Give enough fluids.
- Give oxygen.

Move to the physician immediately in cases of:

- Acute asthma.
- Occurrence of breath shortness or wheezing in the chest for patient who does not suffer from asthma.
- Shortness of breath with chest pain.
- The instability of the patient's condition.
- If oxygen is used.
- Any person suffering from asthma, and did not respond to treatment.

First aid for seizures:

- Try to protect the patient from further injury and open air passages.
- Do not try to curb the movement of the patient during convulsions.
- Do not try to open the jaw by force.
- Do not put anything into the patient mouth.
- Do not move the patient at the beginning of convulsions.
- Put a pillow under the head to avoid injury
- Move away any sharp objects that could harm the patient.
- Place the patient on his side to prevent the entry of vomited materials into the lungs, if possible.
- Help to get rid of tight clothes.

- After the attack of convulsions, patient will not be in a full concentration. Thus, wait with him until he returns back to full consciousness.
- Take a break until he carries on his activity.

Recourse to the physician:

- On convulsions for the first time
- If the cramps continue for more than several minutes.
- On the recurrence of such seizures.
- If patients are exposed to physical injuries.
- In case you do not know the cause of convulsions.
- In the case of pregnancy.
- In the case of diabetes.
- If the patient is a young child.
- If the patient does not regain consciousness after the end of the convulsions.

Tips for heart patients

- Heart patients who suffer from shortness of the coronary arteries that feed blood to the heart muscle, need to take their medicines regularly and timely especially during the performance of rituals that require a great effort like Tawaf, Sai'i and Throwing.
- Avoid physical fatigue and overcrowding.
- Carry the tablets that is described for them for arteries expansion (which are placed under the tongue). Take them when they feel pain in the chest. Resort to comfort, at that time.
- If a patient has intensified heart pain, he must contact the nearest health center to take the necessary medical care. He may need to be referred to a specialized hospital, to complete the necessary examinations, and receive intensive treatment.

First aid for heart attack:

1. Determine if the patient is suffering from high blood pressure, diabetes, any heart attack or smoking.
2. Patient relaxes in a comfortable and convenient position.
3. Use oxygen if there is doubt in the presence of angina through a tube through the nose.
4. Take specific medication for such cases.

Recourse to the physician:

All cases complaining of chest pains, shortness of breath, nausea and sweating.

All cases when the pain continues for more than five minutes.

All cases that do not respond to drugs.

Tips for patients with high blood pressure:

Pilgrim with high blood pressure can perform the rituals easily and smoothly, if they follow these guidelines:

- Before The pilgrim travel he must see a physician, and follow-up pressure measurement.
- He should take the pressure medicines also, which was described for him by a physician, and follow the dose instructions.
- Get away from all bad eating habits that will increase the situation worseness, such as tea and coffee, and avoid too much taking fatty foods, smoking and even passive smoking.
- Avoid anything that creates stress and anxiety,

Dear pilgrim, you must not forget to bring your pressure medicines, and take them regularly.

Arthritis:

Arthritis patient, of controllable simple and medium degree, who desires to

perform Pilgrimage take in consideration:

Arthritis patient, of simple and medium degree, can perform Pilgrimage with precaution and care to avoid serious complications.

Some advises that must be taken by allowed patients with arthritis before performing Pilgrimage:

Visit a specialist physician to allow you to perform pilgrimage.

Take all necessary medications, which are described by physician with specified dose on time. This would protect you from the excruciating pain of arthritis during the pilgrimage, God willing,

Take a good care of personal hygiene, and cleanliness of food, drink. Stay away from crowded places to avoid catching infection. In case of acquisition of infection see a physician of your pilgrim group or the nearest health center immediately.

Take enough rest and sleep.

Avoid fatigue and stress. Use aids of comfort, such as using wheeled chair during the Tawaf & Sai'i if you feel tired or have fatigue.

As for the arthritis patients who have a severe and active disease, they should not be going to Pilgrimage because of the seriousness of complications imposed by the Pilgrimage {to those whom can afford it}.

Chapter Five
Health guidance

8002494444
مركز معلومات الإعلام والتوعية الصحية



First Part: Women and Pilgrimage

Pilgrimage is an arduous journey requiring great effort. Women have certain privacy during the pilgrimage; she might be pregnant, suckling or having menstrual cycle. How a women can deal with this privacy?

1. She must consultant a physician before enough time of coming for Pilgrimage in order to identify if her health is well enough to perform Pilgrimage.
2. If the physician allowed her to perform the rituals, she must follow the following:

If she is pregnant:

- A pregnant woman must accompany with her all regular medicines to the extent that sufficient throughout the period of Pilgrimage.
- Trying to wear comfortable and wide clothes.
- To drink enough fluids.
- Must take a full report on the status of her pregnancy.
- Walking a little for a few every hour or two hours, to avoid venous clots in the legs.
- Avoid the congestion and the selection of appropriate times to perform the rituals.
- Go to the nearest health center if she felt bleeding, cramps in the abdomen, severe headaches or high temperature.

If the pills for menstrual cycle are used:

- She must take the pills for that day at the same time.
- In case of vomiting or diarrhea after taking pills, she must take different pills.
- A woman has to know the side effects of these pills, such as nausea, vomiting, headache, intermittent bleeding, and the occurrence of pain such as pain

associated with the menstrual cycle, pain in the breast, and changes in mood and nervousness.

Second Part: Health Tips

Here's my brother Pilgrim some of the most important instructions that should be followed in order to preserve your health as follow:

1. Perform the required rituals moderately and easily, Allah does not burden any soul beyond its limits.
2. Do not upset others during Tawaf, Sai'i, and on throwing stones.
3. Maintain the cleanliness of the body. It is an important element for the prevention of diseases.
4. In case of intense heat, it is preferred to avoid Tawaf, Sai'i. Use umbrella to protect you from the sun heat.
5. Refrain from eating uncovered food or food exposed to flies and dust. Use packaged or preserved food as much as possible, making sure of the date of validity.
6. It is preferred to eat fruits, vegetables and cooked foods that are beneficial for the body, and non-irritating to the intestines.
7. Use the wrist strap that is placed on the forearm. Write the Pilgrim name, nationality, address, his health condition and the name of the group which he belongs to.
8. Use napkins for sneezing or cold, or a Pilgrimage small towel.
9. Reduce muscular effort, such as walking in the market, if there is intense heat.
10. Go to the nearest health center immediately if you feel any fatigue or illness.
11. Maintain the cleanliness of your place whether home or tent.
12. Be careful to take a lot and plenty of rest before & after each of the rituals



of Pilgrimage, in order to revitalize the body and help to perform the rest of the works of Pilgrimage.

13. It is preferred to use umbrellas to avoid the sun heat, and avoid the sun-stroke.
14. Do not sit next to people carrying infectious diseases such as, cold and others to protect the health.
15. Do not slaughter the Sacrifice-sheep in places other than the identified places such as roads or next to the tents. This expose you and your fellows to disease, and the stink. Slaughter must be in the allocated places.
16. It is preferred to take a small medical bag to put the pilgrimage needs like medicines for treatment of emergency disease.
17. Carry a notepad for some hospitals numbers, emergency numbers, such as defense, civil, ambulance, police and others, to ask for help if needed.

In conclusion, we ask God Almighty to facilitate the pilgrims to perform rituals, and save them with his care, accept their rituals, and write it for them as a successful Pilgrimage, commendable effort, and forgiven sin

Third Part: Safety and Security

- For your safety: civil defense is at your service on 998
- Do not dispose cigarette butts in places other than allocated; do not put your life and the lives of others at risk.
- Avoid staying in locations prone to falling rocks.
- Avoid sleeping completely under the «bus» and cars; it puts you at great risk.
- Avoid hot sun strikes by protective umbrella, and be sure taking too much fluid.
- Avoid storing explosive and fire materials.
- For your and others health, avoid food pollutants.

- Do not light fire inside your tent; but use the spaces for cooking.
- Do not sleep on the sidewalks and roads for your safety, and do not impede pedestrians.
- 61
- Learn about the nearest emergency exit.
- Do not use electrical wiring above load capacity.
- Keep a fire extinguisher inside your tent.
- In case of fire, God forbid, work on the separation of power quickly.
- If you see even a small fire; report it immediately.
- Avoid setting up tents on the mountains and highlands; because it exposes you to sudden risk.
- Disconnect the power when you leave the place of your stay.
- Remember that most disasters begin by little negligence.
- Avoid riding on the roofs of buses and cars; because it puts you at risk.
- Avoid sleeping in rough or lonely places; in order not to be susceptible to insects and vermin.
- When you need a toilet, use premises allocated for this purpose in order not to hurt yourself and others.
- Be kind to the weak, women and patients; do not contend them; because Allah will ask them.

Avoid overcrowding areas, and pushing so you and other will not be subject to risk.

Fourth Part: Phone Directory

Mecca

Phone number	Fax number	Name of the hospital
5442400	5424449	King Abdul Aziz
5203535	5200333	Hira General
5433912		Ibn Sina



5566411	5563523	King Faisal
5730070	5744985	Ajyad General
5665000	5666837	Noor Specialist
5443414	5424802	Maternity & Infants

Medina

Phone number	Fax number	Name of the hospital
8233900	8233240	King Fahd
8361000	8368333	Maternity & Infants
8250016	8250844	Oohud
8482756	8483046	Rehabilitation Care
8368362	8365633	Mental Health
8840952	8841524	Prince Abdul Mohsen
8362208	8361326	Sunstroke
3910641	3222229	Yanbu
8401631	8224761	Meeqaat
8681973	8681727	Almahd
3320248	3321588	Badr General
3541485	3541400	Al-Ais
8620084	8620522	Hanakia
8251904	8255244	City of pilgrims
8821654	8821554	Khyber

Al-Ais

Phone number	Fax number	Name of the hospital
5521660	5521649	General Arafat
5521667	5521635	Mount Mercy
5280319	5280319	Namirah
5521715	5521723	Arafat's health center

Mina

Fax number	Phone number	Name of the hospital
5584501	5520219	Mina General
5573107	5572886	Mina bridge

5520554	5520823	Mina Valley
5572924	5573102	Mina, the new street
5588048	5520752	Health Centers in Mina
5503123	5504038	Jamarat Centers bridge
5520030	5521956	Almaissim Emergency Complex

Services and Pilgrimage Ministry of Health in 1429

1- Hospitals that provide treatment services:

Total number of hospitals (24), clinical capacity (39390 beds, distributed as follows:

- (7) Hospitals in Mecca.
- (3) Hospitals in the Arafat.
- (4) Hospitals in Mina.
- (10) Hospitals in the city of Medina.

2- Health centers:

Number of health centers in pilgrimage areas (1380), distributed as follow:

- Health centers in the capital of the Holy:

- (27) Permanent health center in the Holy City.
- (9) Seasonal Centers in the Holy capital of at Makkah - Jeddah Road
Makkah – Medina.
- (4) Health centers within the Haram Al-Sharif Mosque.

- Health centers in the holy sites:

- (28) Mina Health Center.
- (6) Muzdalifah Health centers.
- (46) Arafat Health center.

- Health centers in the Medina:

- (4) Seasonal health centers in the central area around the Haram.

- (4) Seasonal Health centers at ports of entry.
- (2) Health centers on the Alhijrah road.
- (1) Health centers on Medina – Tabuk road.
- 64
- (4) Health centers on Medina - Riyadh.
- (5) Seasonal centers in pilgrims gathering places

3- Medical on-site Service:

The Ministry of Health Provided on-site fleet of ambulance and emergency of more than (150) ambulance vehicles equipped with medical supplies, medicines and medical staff qualified and working around the clock.

4- Health Service pilgrims:

The Ministry of Health Provided a toll-free number (8002494444) for Information Center of the Health Information to inquire about any service you need.

5- Pilgrimage Service of Ill Pilgrims:

The Ministry is providing medical convoys to the highest degree of care and health care to enable ill pilgrims available in hospital to ascend to Mount Arafat for the completion of the rituals of pilgrimage.

6- Preventive Medicine Service:

The ministry Prepared (15) land, sea and air outlets to provide preventive and comprehensive health services, and to apply health requirements to all pilgrims.

7- Query service for patients:

For the convenience of the pilgrims and to check on their families and their relatives who are in hospitals, The Ministry provided the query service for the sick and injured through the ministry's website.