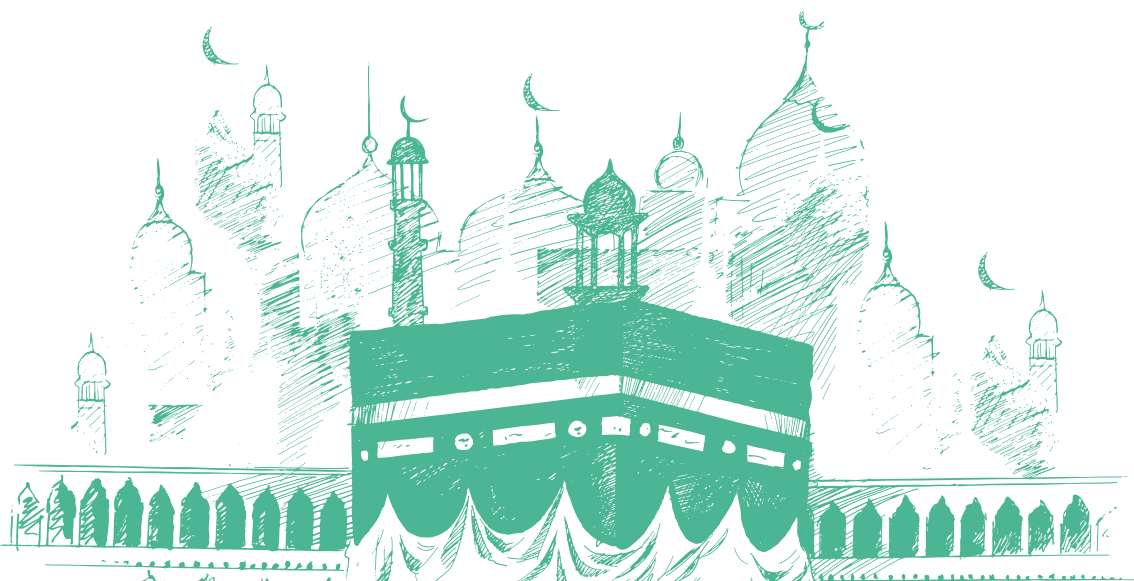
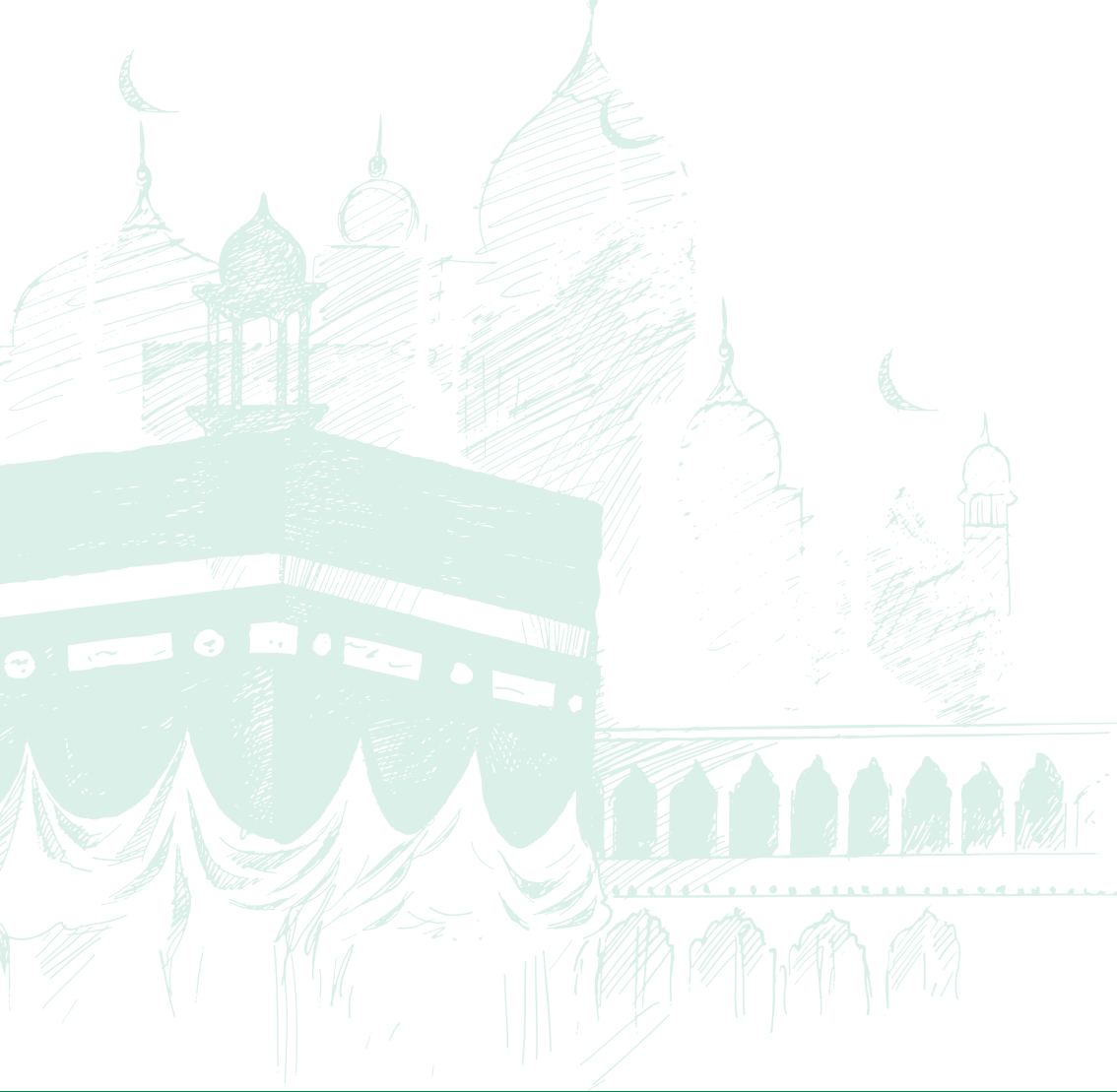




Health Guidelines for Hajj and Umrah





Safety precautions

- Avoid overcrowding, pushing and shoving, As they are among the most common causes of injuries and bruises during Hajj.
- Choose the proper times for moving and performance of rites.



Hygiene and General Cleanliness

1. Maintain personal hygiene: By bathing regularly, with water and soap, or other disinfectants
2. Wash your hands well: Before and after eating, After using toilets, After sneezing and coughing, when coming back to your residence.
3. Avoid spitting on the floor.
4. Use tissues: When coughing or sneezing by covering the nose and mouth, and then dispose of them in the trash.
5. Only use toilets to defecate and urinate
6. Avoid disposing of waste and remaining food in the street.
7. Change clothes with new ones regularly
8. Make sure to clean your mouth and brush your teeth daily.



Shaving and Haircutting

Some pilgrims re-use shavers or razors used by others, which makes them vulnerable to infectious diseases that are transmitted through the blood the most dangerous of which are Hepatitis (B) and (C). This is why it is important for each Hajj pilgrim to use his own personal equipment, such as razors and shavers once, then throw them away in the trash.

It is also advisable to:

- Choose a suitable authorized barber
- Remind the barber to wash his hands well with water and soap before shaving or cutting your hair.
- Single-use shavers are recommended. Keep away from all other kinds of shavers, including the ones which have their razors changed after every shave.
- Never share your personal tools such as the brushes used to remove hair, sponges, or alum, etc.

Remember that using your own shavers and razors, is the best way to protect yourself against contracting serious communicable diseases.



Respiratory Diseases during the Seasons of Hajj and Umrah.

Respiratory Diseases:

These diseases are the most common diseases during Hajj season. They are transmitted through the droplets of coughing or sneezing, and they are divided into two types:

1. Upper respiratory tract infections: (such as the common cold, Laryngitis, and bronchitis) These usually cause exhaustion and weakness.
2. Lower respiratory tract infections: Symptoms: Coughing with mucus, fever, or shortness of breath. If not treated, these symptoms may lead to serious complications.

How to prevent respiratory diseases:

1. Stay away from people suffering from such diseases,
2. and avoid using their tools and personal belongings.
3. Make sure to keep your hands clean and avoid touching your eyes and nose.
4. Stay away from crowds as much as possible.
5. (Stay away from direct air flow(e.g. air conditioning).

General tips for pilgrims suffering from a flu or cold during Hajj or Umrah:

1. Drink plenty of water and fluids
2. Get as much rest as you can
3. Take painkillers and antipyretics (unless otherwise prescribed) in accordance with health instructions.
4. Take nasal congestion medication for a short time unless there is a reason not to, (such as: suffering from high blood pressure or cardiac ischemia)
5. Take cough medication whenever necessary, especially for dry coughs, or if coughing becomes worse at night and prevents you from sleeping.
6. Avoid taking any antibiotics without consulting your doctor.



Gastrointestinal infections

These infections are caused by bacteria, viruses or fungus transmitted through contaminated foods or drinks.

Prevention:

- Ensuring the safety and cleanliness of the food consumed by the pilgrim.
- Maintaining personal hygiene, washing the hands well, and not using others' tools.

- Avoiding non-pasteurized milk, and foods whose color or taste changed. Keeping away from fatty foods and sugars, and making sure that the meat is well-cooked.
- Consuming plenty of fresh fruits and vegetables.
- Drinking plenty of fluids, such as water, and juice.

Treating Diarrhea:

It is essential to drink enough water and fluids to avoid dehydration and compensate for the loss of fluids. However, if diarrhea is severe and dehydration symptoms started to appear then the pilgrim must head to the nearest health center or hospital immediately.

Preventing gastrointestinal infections, diarrhea , nausea, and vomiting etc, can be achieved by eating safe foods, and maintaining personal hygiene, by washing your hands and keeping away from using any tools used by others.



Health Tips for Diabetics

Diabetics can perform Hajj or Umrah after undergoing medical examination and verifying their ability to perform the rites of hajj. However, they should be careful about the following:

1. Low blood sugar
2. Suffering from foot injuries and ulcers, or any other
3. Abrasion that diabetics could develop.

The following are tips for diabetic Hajj /Umrah pilgrims to prevent suffering from these issues:

1. Put a bracelet around your wrist or hold an identification card indicating that you are a diabetes patient and include details about the medication you are prescribed in order to provide the necessary medical assistance in case of an emergency.
2. Bring blood-glucose meter to measure the amount of sugar (glucose) in your blood on a daily and regular basis.
3. Carry a detailed medical report explaining your health condition, and inform the person nearest to you in your area of residence and notify the convoy's doctor that you are a diabetic.
4. Take sufficient amounts of diabetes medication, and stick to the diet as instructed by your specialized doctor
5. Make sure to keep the insulin cool when carrying and storing it
6. Make sure to wear a snug and comfortable pair of socks to protect your feet from any ulcers, and avoid walking barefoot.
7. It is recommended not to start Tawaf (circumambulation of the Ka'ba) or Sa'i (walking between Safa and Marwa) if you did not take your medication or if you did not eat enough food
8. Maintain basic meals and light snacks during travel and pilgrimage
9. Avoid consuming too much sugary foods and sweets

10. Temporarily stop performing Hajj rites if you begin to feel the symptoms of a drop in blood glucose levels, (such as shivering, coldness along with fatigue and exhaustion, sudden feeling of hunger, excessive sweating or blurred vision), and take the necessary medical precautions in such case.
11. Drink a proper amount of water and repeatedly.
12. Use your own electrical shaving machine rather than the razor to avoid wounds and infections.



Patients with heart disease

Health Tips for Heart Patients:

Generally, a heart patient with stable condition can perform Hajj rituals. However, it is important to follow these tips:

1. Seek medical advice to make sure of your ability to perform Hajj.
2. Make sure to take enough quantities of your medication and store them properly in an easily reachable place.
3. Carry a detailed medical report on your health condition and your medications.
4. Avoid overexerting yourself physically
5. Avoid excessive emotional stress and nervousness,

6. Follow a diet that is low in fat and salt, and abide by the diet prescribed to you by your doctor.
7. It is recommended to be accompanied by relatives or friends while performing the Hajj rites in anticipation of any emergency.

If you feel any chest pain or difficulty in breathing, you should take some rest. If chest pain worsens, then head immediately to the closest health facility.



Post-Hajj Disorders

Some pilgrims may experience a variety of symptoms after the Hajj. These symptoms are not diseases; rather a group of common symptoms affecting pilgrims due to exhaustion after performing Hajj. However, such symptoms disappear quickly with time and after taking painkillers. Such symptoms include the following:

- Strain, laziness, and fatigue.
- Muscle pains and aches.
- Headache and irritability.
- Darkened skin .
- Cold.
- Irregular sleep.

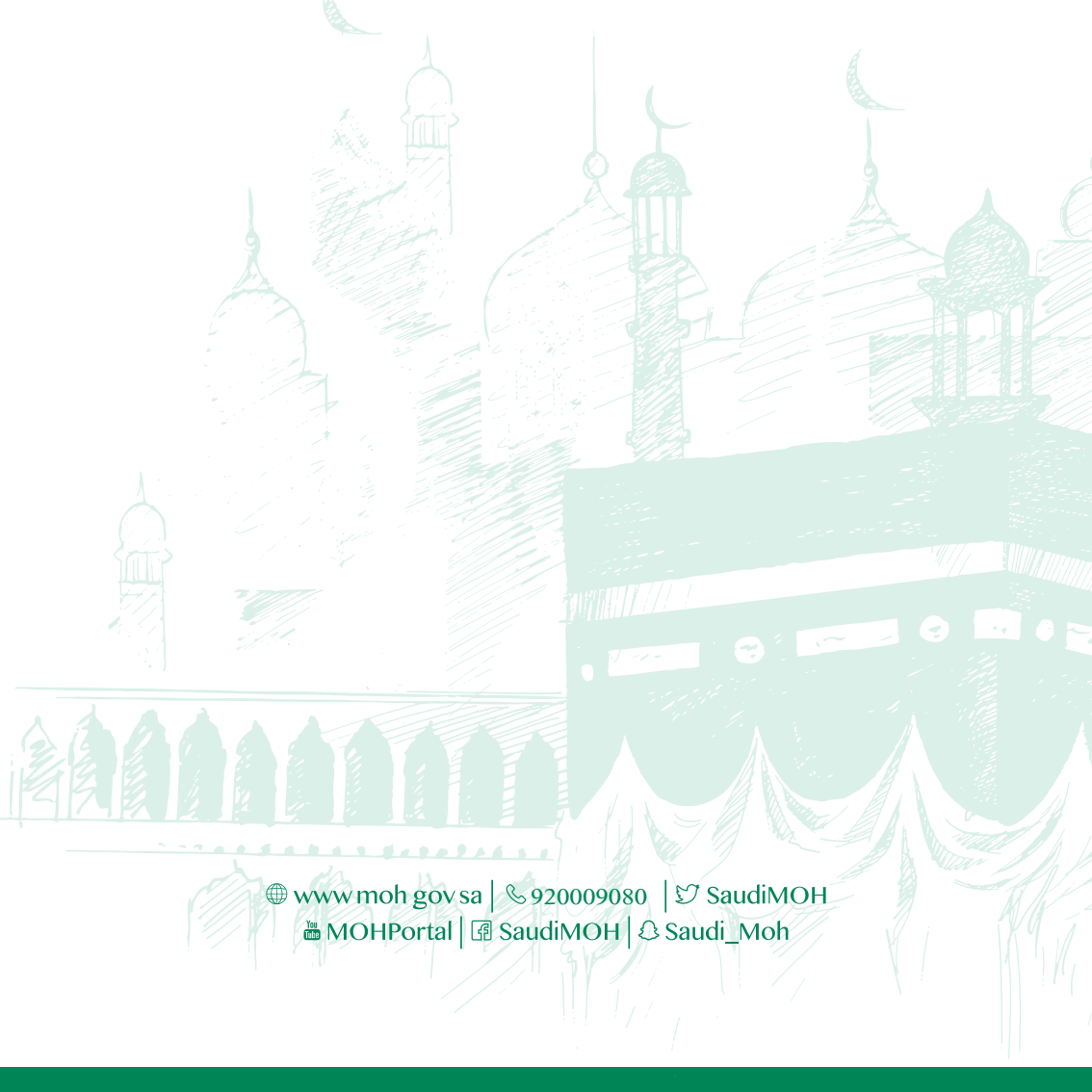
Such symptoms result from:

- Prolonged exposure to sunlight.
- Excessive movement.
- Exposure to flu and cold viruses.

Seek medical consultation, in case of an increase in the severity or duration of the symptoms.

When returning, a Hajj / Umrah pilgrim should avoid direct contact with others when suffering from a common cold, flu, etc., and he must see the doctor if the symptoms worsen.





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