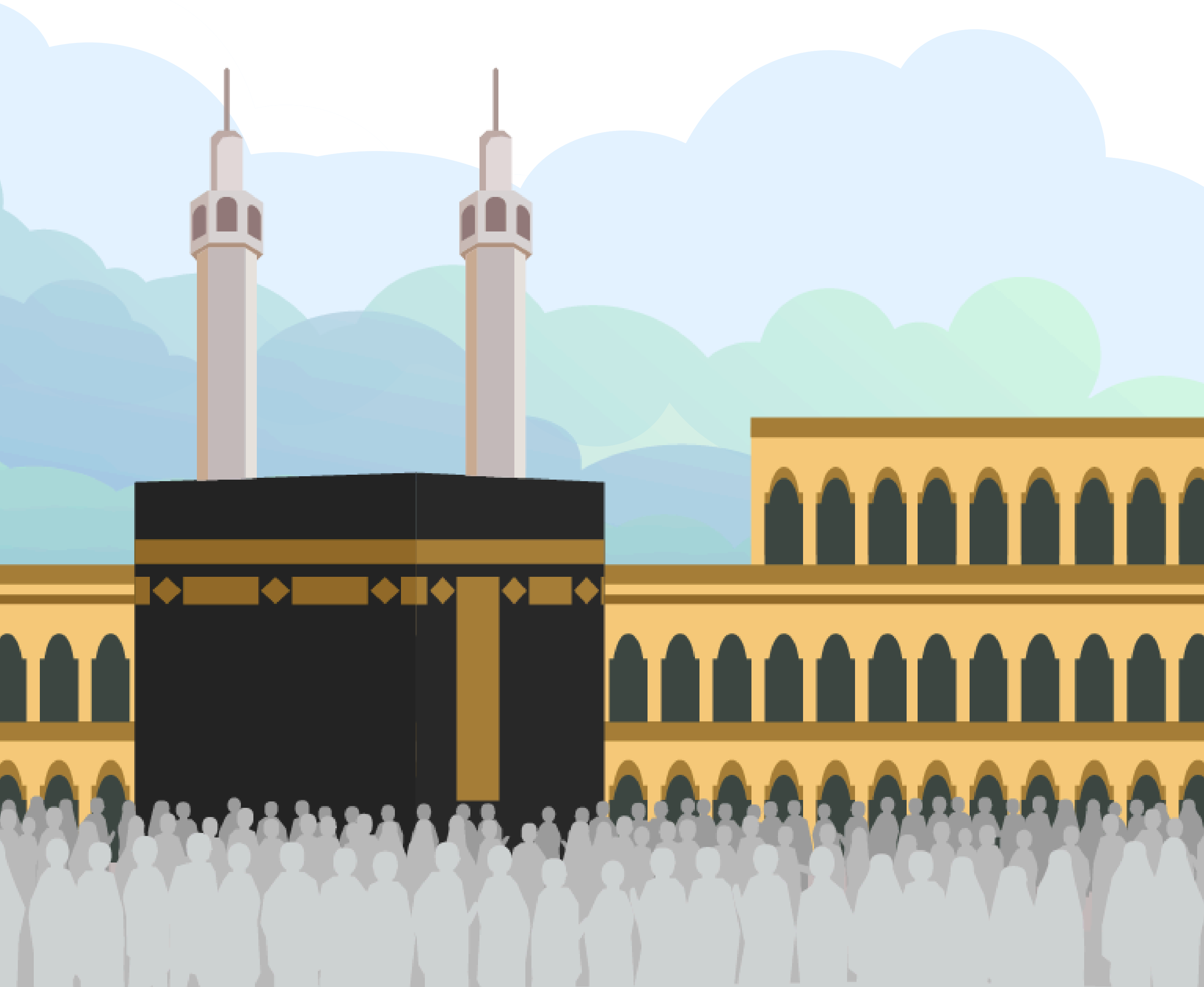


Health Awareness Guide for Pilgrims



Introduction

With the Hajj season approaching, Emirates Health Services has been keen to prepare this awareness guide, which includes a set of health instructions and precautionary measures that pilgrims must abide by in order to enable them to perform Hajj in a healthy and safe environment before, during and after performing the rituals of Hajj, in addition to protecting the health and safety of community members upon returning from Hajj.

Before Hajj



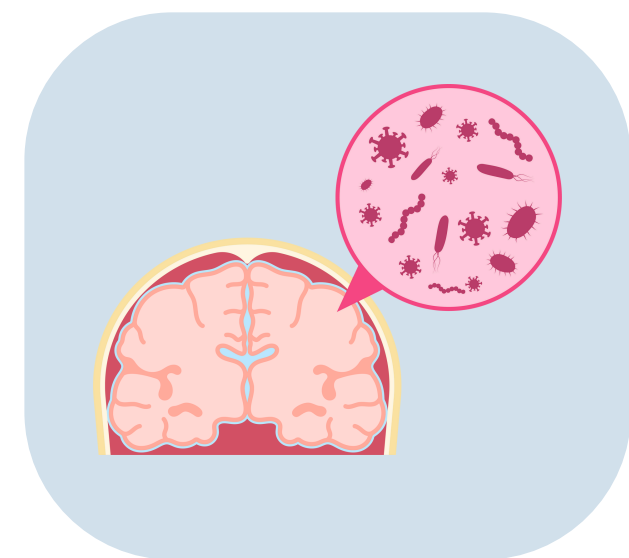
Hajj Vaccinations

- Taking vaccination before Hajj is necessary to prevent some infectious diseases.
- Vaccinations must be taken at least 10 days before the date of travel so that the body can obtain the necessary immunity against the diseases.
- All vaccination services for pilgrims are available in Primary Healthcare Centers under Emirates Health Services.

The mandatory vaccinations for this year's Hajj season include:



Seasonal Influenza vaccine

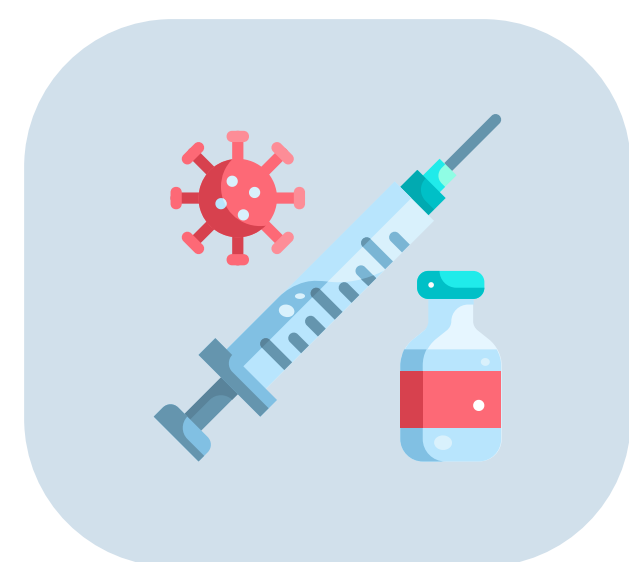


Meningococcal vaccine

Other recommended vaccinations:



Pneumococcal vaccine (If the pilgrim's age is 65 years or more, or if the pilgrim's age is 19 years or more and suffers from a chronic disease, then, he/she can get it).

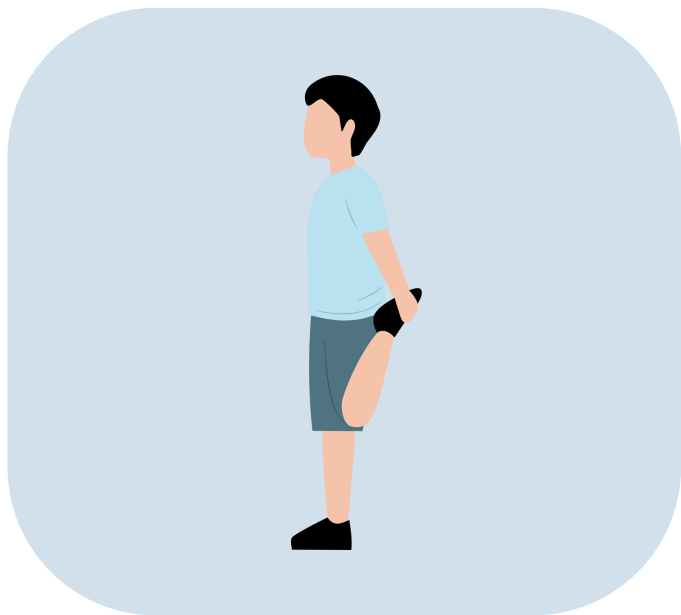


COVID-19 vaccine

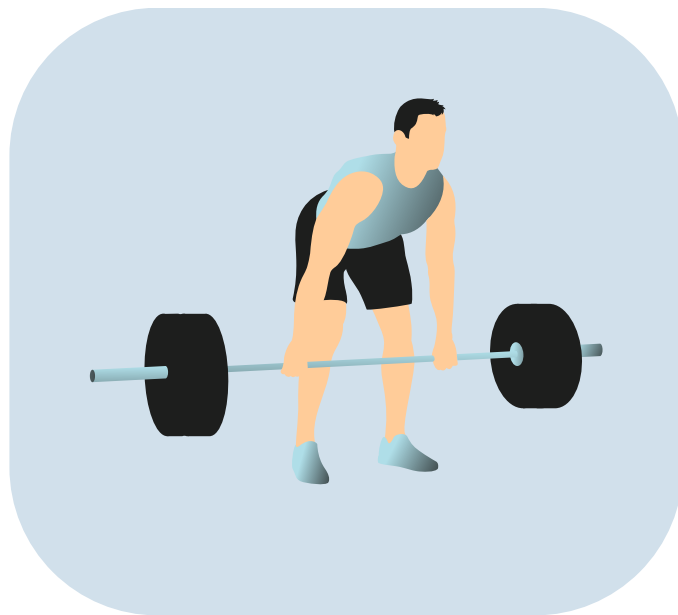
Preparation before Hajj

Hajj requires a certain level of physical fitness, as its rituals include walking, standing and other forms physical activities.

Here are some tips to help increase your fitness level before Hajj:



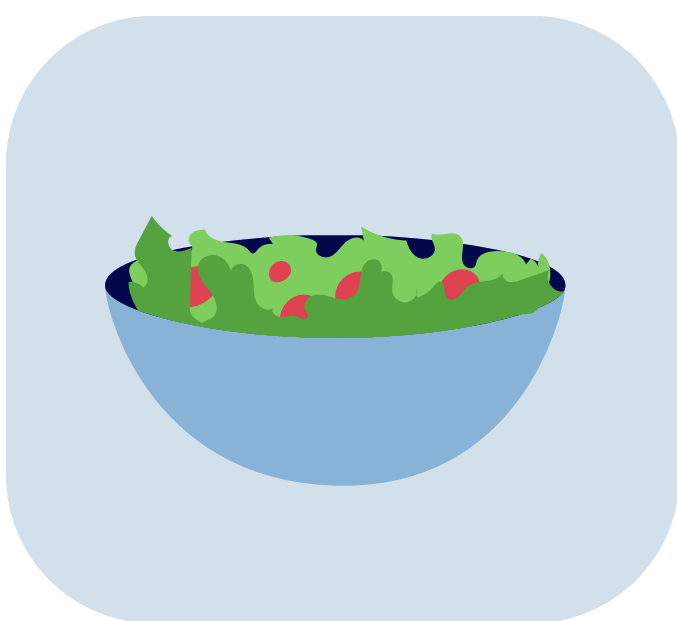
Perform stretching exercises to improve flexibility and prevent injuries



Incorporate resistance exercises to build muscles and increase strength



Perform regular aerobic exercise for 30 minutes a day, 5 days a week



Eat healthy and balanced meals



Drink plenty of water to avoid dehydration



Practice walking long distances to build endurance

Don't forget to consult your doctor before engaging in any physical activity.

First Aid bag

You should prepare your first aid kit before Hajj in case of emergency situations. It is important that your first aid kit contains the following depending on your needs:

Skin ointments for insect bites, cuts and sunburn

First Aid Kit

Antispasmodics / abdominal colic medications

Face masks

Thermometer

Blood pressure monitor



Chronic disease medications with prescription

Painkillers

Antipyretic drugs

Muscle spasm medications

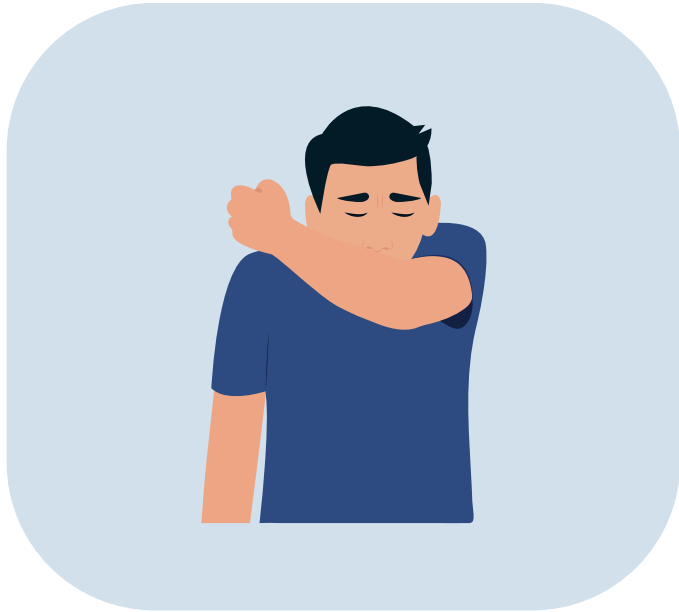
Glucometer

Common cold medications and vitamin C tablets

During Hajj



Precautionary Measures During Hajj



Cover your mouth and nose with your elbow or a tissue when you cough or sneeze



Avoid sharing personal items such as towels, utensils, or prayer mats



Wash your hands frequently



If you feel unwell, make sure you seek medical attention as soon as symptoms appear



Avoid touching your face, eyes, and mouth with unclean hands

Remember that taking precautionary measures is essential for your safety and the safety of others during Hajj.

Practices to be avoided during Hajj



Not drinking fluids
Ensure drinking fluids to avoid dehydration



Not getting enough rest

It is important to get enough rest and sleep to maintain good health and avoid fatigue



Taking medications without consulting a doctor

If a pilgrim has a medical condition that requires medication, it is important to take the medication as instructed and bring enough for the entire journey



Overeating

Eat in moderation and choose healthy options to avoid digestive issues



Neglecting personal hygiene

Good personal hygiene is essential to prevent the spread of diseases during Hajj



General guidelines for personal hygiene



Wear clean clothes to avoid abrasions



Daily cleaning of the residence



Oral and dental hygiene



Wash your hands before, during and after preparing food.



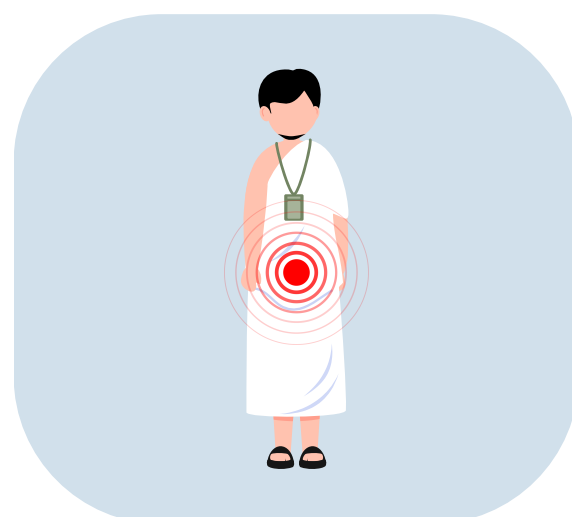
Wash your hands after using the toilet.

Dehydration during Hajj

It occurs when the amount of water the body gets is less than the amount lost through:



Vomiting



Diarrhea



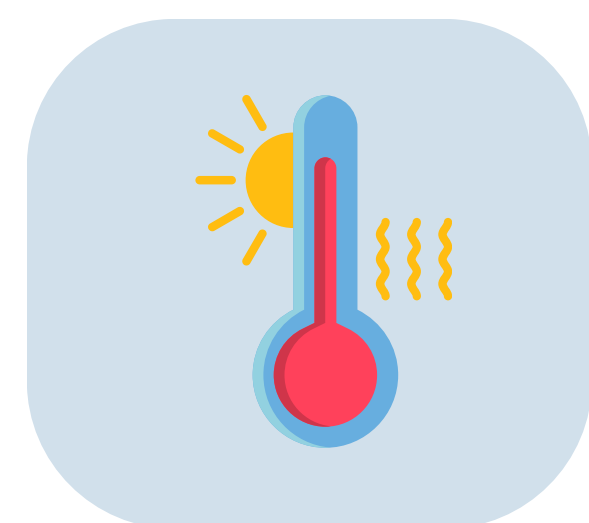
Fever



Excessive urination



Excessive sweating



Exposure to high temperature

Dehydration treatment

- It is preferable to visit a doctor when symptoms begin, such as extreme thirst, feeling tired, heart palpitations, dry mouth, lips and eyes, and noticing dark yellow urine.
- Drink replacement fluids.
- Intravenous fluids may be prescribed in some cases.



Heatstroke during Hajj

It is a life-threatening health condition usually associated with an uncontrolled rise in core body temperature above 40°C and central nervous system dysfunction, such as delirium, convulsions or coma.

The most important causes are exposure to high temperatures and humidity or exposure to significant physical stress.

To prevent heatstroke, the following is recommended:



Wear loose, light-colored clothing



Use light colored umbrellas



Ensure drinking plenty of water



Seek medical help if you feel dizzy



Use a sunscreen of at least SPF 30



Take breaks in shaded or air-conditioned areas



Heatstroke during Hajj

Heat stroke is a medical emergency that must be treated as soon as possible by:



Exposing the affected person to an air source such as an air conditioner or fan



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



Move the affected person to a cool place



Giving the affected person fluids



Request emergency services and go to the nearest health facility

Heatstroke during Hajj

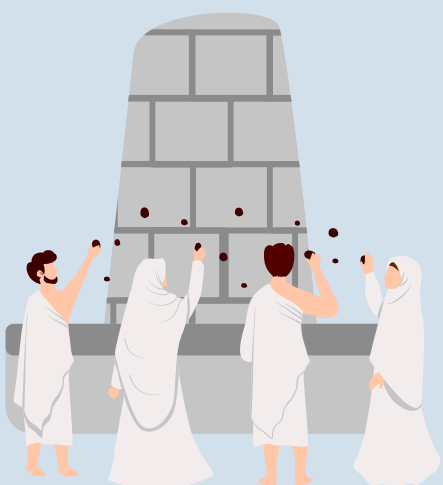
Areas where heatstroke is common:



Circumambulation (Tawaf)
especially in the afternoon



Mount Arafat
especially in the afternoon



Mina (places for slaughtering sacrifices and
stoning the Jamarat)

Because of the long distance and the crowding
when throwing stones

Muscle strain during Hajj

Muscle strain occurs as a result of poor physical fitness, overexertion, or violent movement.

Ways to treat muscle strain:



Compress the affected area to relieve pain



Stop moving when you feel pain



Take painkillers



Cool the affected area to relieve pain

Falling during Hajj

What should a pilgrim do if he falls?



Hold on to both hands to support yourself and when you feel ready, stand up slowly and rest a little before continuing your activity.



Stay calm. If you are not hurt and feel strong enough to get up, do not get up quickly.

Avoid falling

- Avoid performing the rituals during times of extreme crowding as much as possible.
- Avoid rushing.
- Do not climb mountains and high places.
- Wear appropriate shoes.



Skin abrasions during Hajj

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

Prevention of skin rash:



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



Good ventilation of the folds of the body, such as the upper thighs and armpits



Be sure to keep the area dry and wear cotton clothing to prevent friction



Sprinkle baby powder after sweating

Foot care during Hajj



Apply a moisturizer to prevent dryness



Wear comfortable shoes



Check your feet daily for any injuries



Take breaks to rest your feet



Seek medical attention if needed



Wash your feet regularly and keep them clean and dry



Healthy nutrition during Hajj



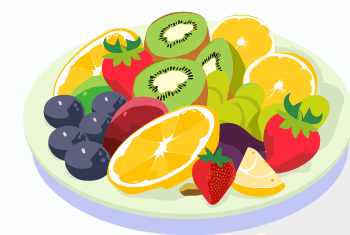
Choose a well-balanced diet that includes a variety of foods from all food groups



Divide the amount of food you eat into 3 main meals and 2 snacks



Avoid fatty and spicy foods as they can cause digestive problems



Choose healthy snacks like nuts, fruits and vegetables instead of fatty snacks



Avoid eating undercooked or raw foods, and drink only clean water



Vitamin supplements help ensure an adequate intake of nutrients

Food Poisoning during Hajj

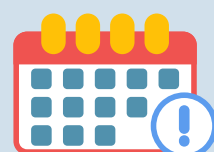
To avoid food poisoning during Hajj:



Choose clean, well-cooked food, and avoid uncovered foods



Wash fruits and vegetables before consuming them



Check food expiration dates



Wash your hands before and after preparing or eating food



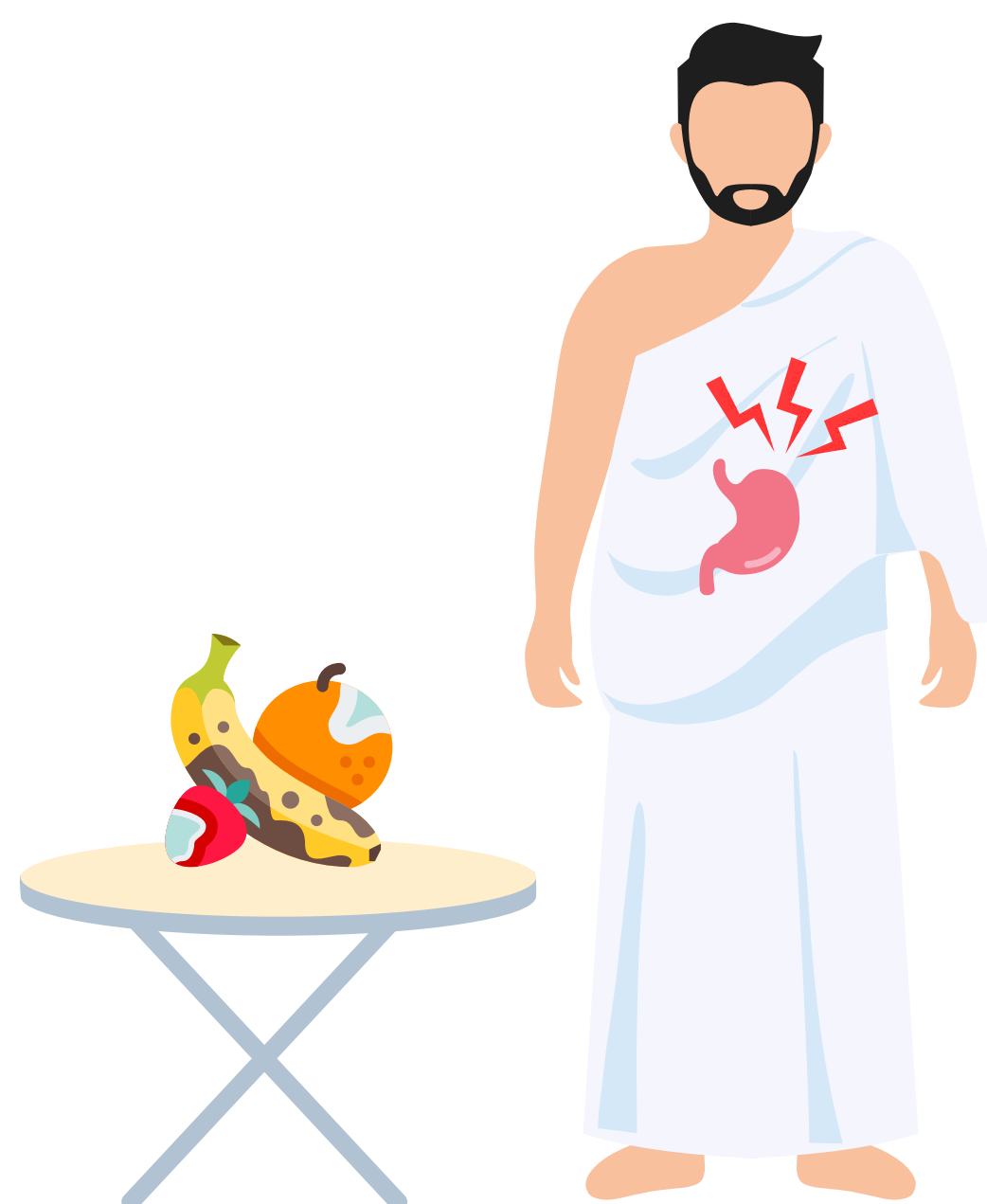
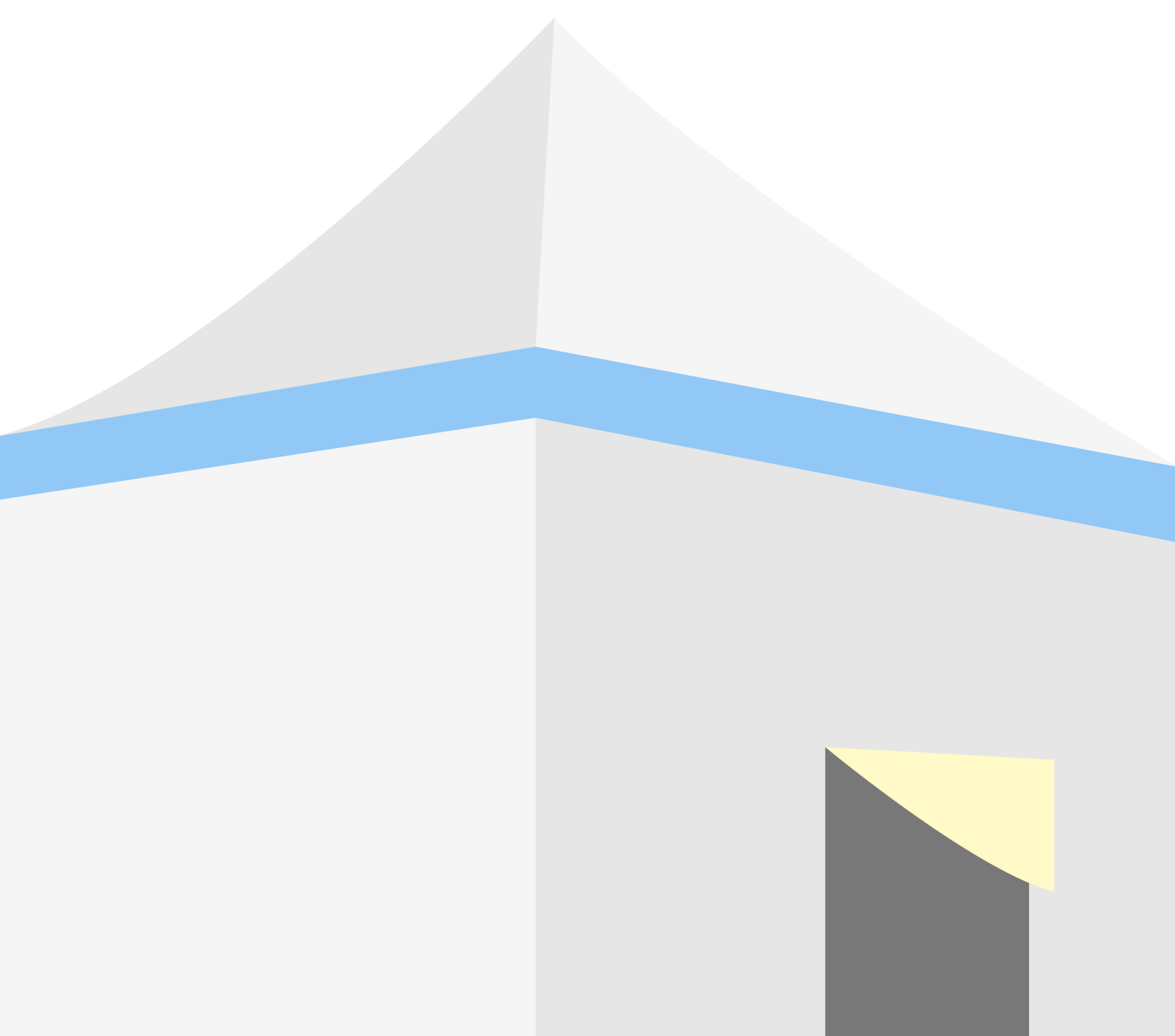
Avoid eating food from street vendors



Drink bottled water and avoid tap water and ice cubes



Avoid eating raw meat and undercooked seafood



Dealing with stomach pain



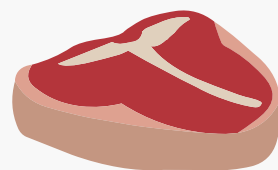
Ensure the safety and cleanliness of the food you eat



Avoid foods that contain large amounts of fat and sugar



Maintain hand hygiene and avoid the use of other people's things



Cook meats well



Drink more fluids

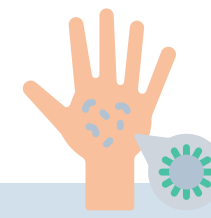
The health of the respiratory system during Hajj



Wash your hands regularly



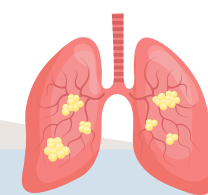
Seek medical attention if you develop symptoms



Avoid touching eyes, nose or mouth with unclean hands



Avoid drinking very cold water



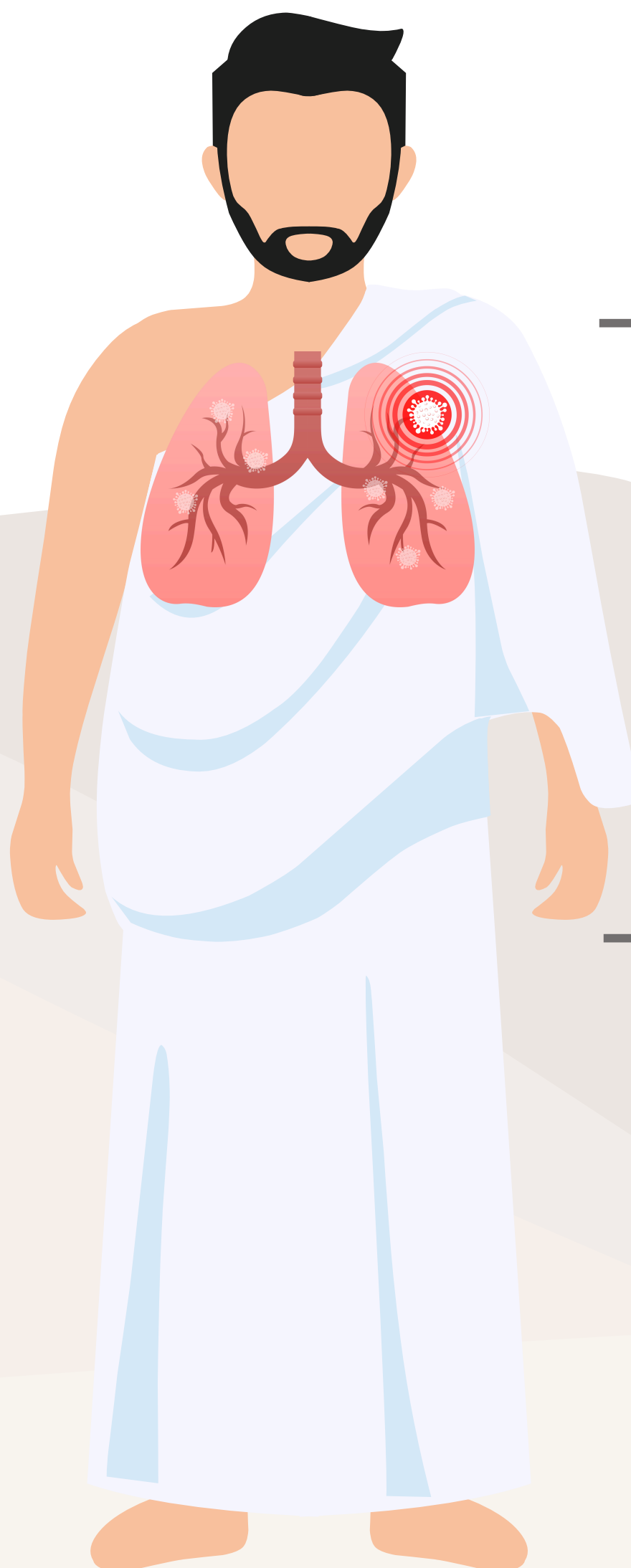
Avoid close contact with patients with respiratory symptoms



Avoid direct exposure to cold air from the air conditioner



Cover your nose and mouth when you cough or sneeze

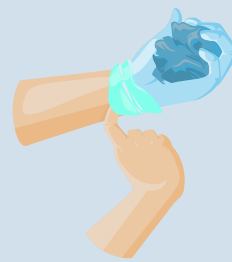


Precautions while cutting hair

Precautions to be taken when cutting or shaving hair during Hajj rituals:



Use one scissor or razor per person and avoid sharing tools



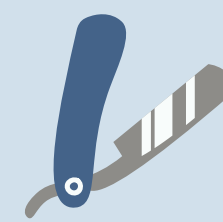
Wear disposable gloves



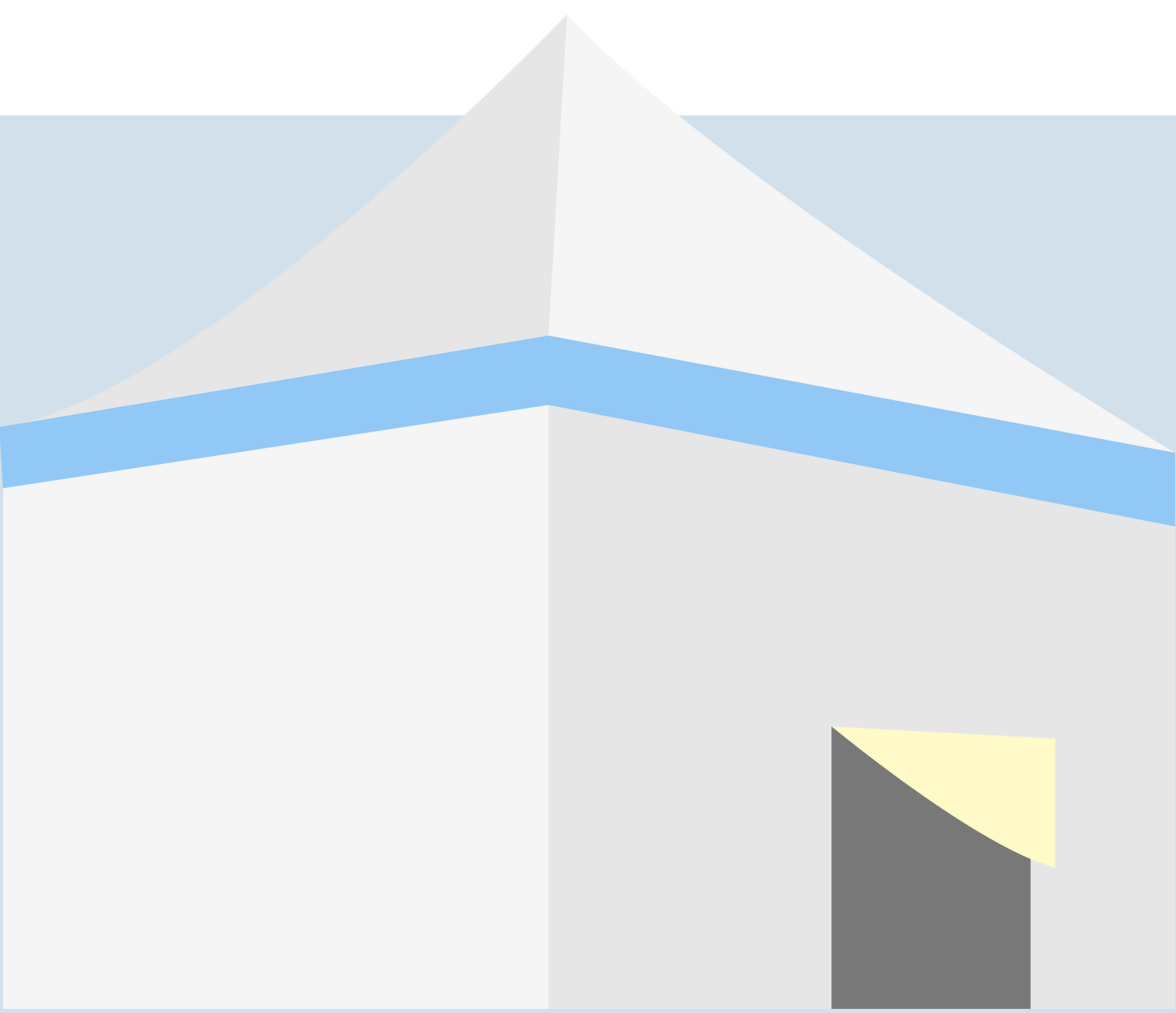
Use properly clean and sterilized tools



Disinfect tools before and after use



Choose a professional barber



Hygiene practices during slaughter of sacrificial animals

Make sure to slaughter the sacrificial animals through the competent authorities in the Kingdom of Saudi Arabia.



Stay Healthy