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ENG إنجليزي

Health Awareness

A Guide for Pilgrims



Strategic partner



وزارة الحج والعمرة
MINISTRY OF HAJJ AND UMRAH



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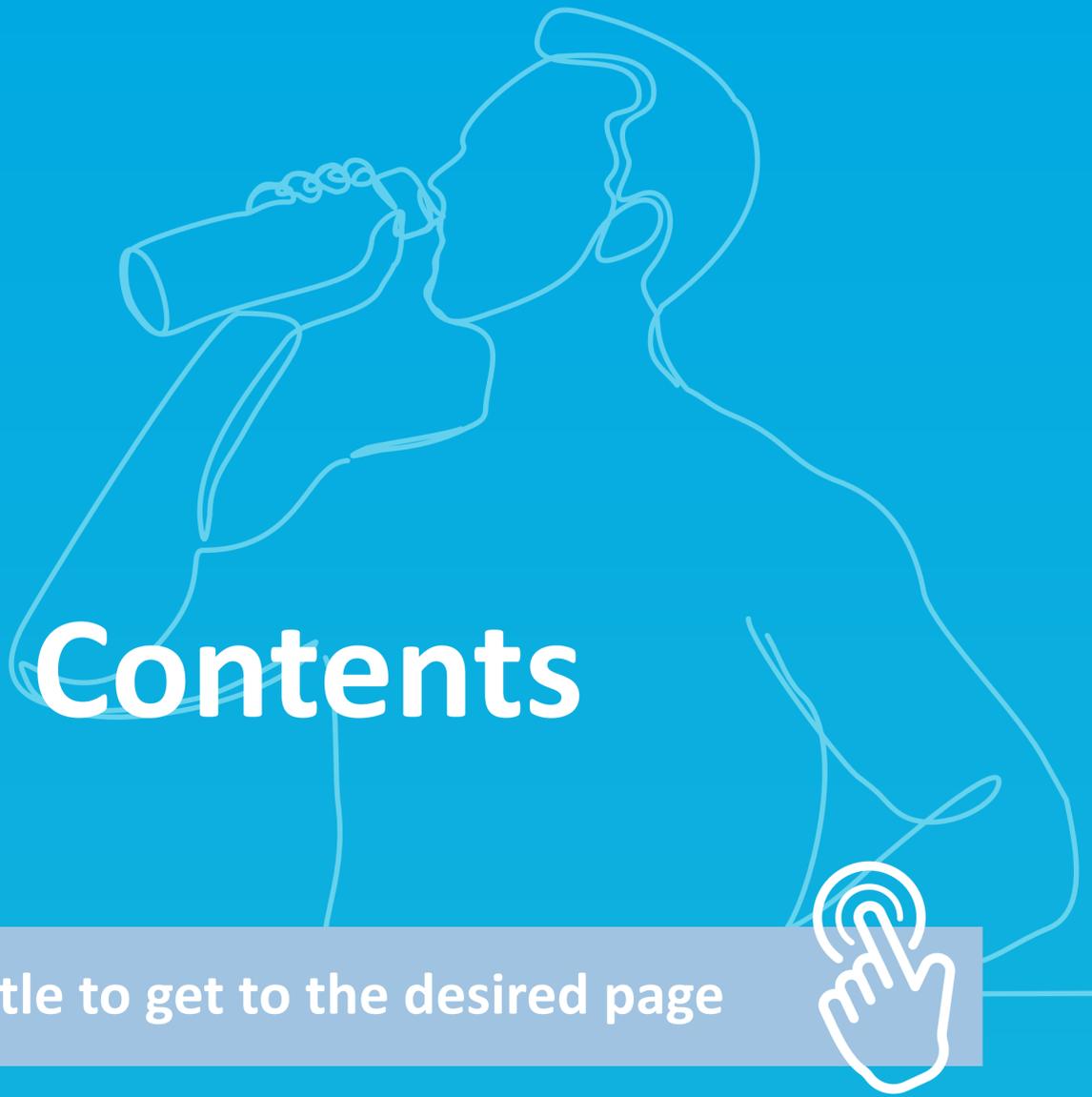
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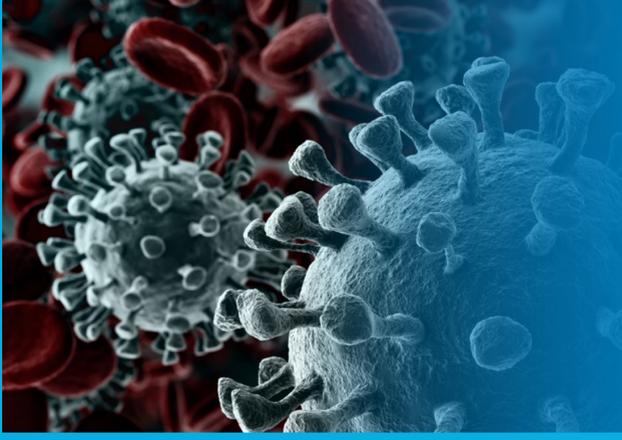


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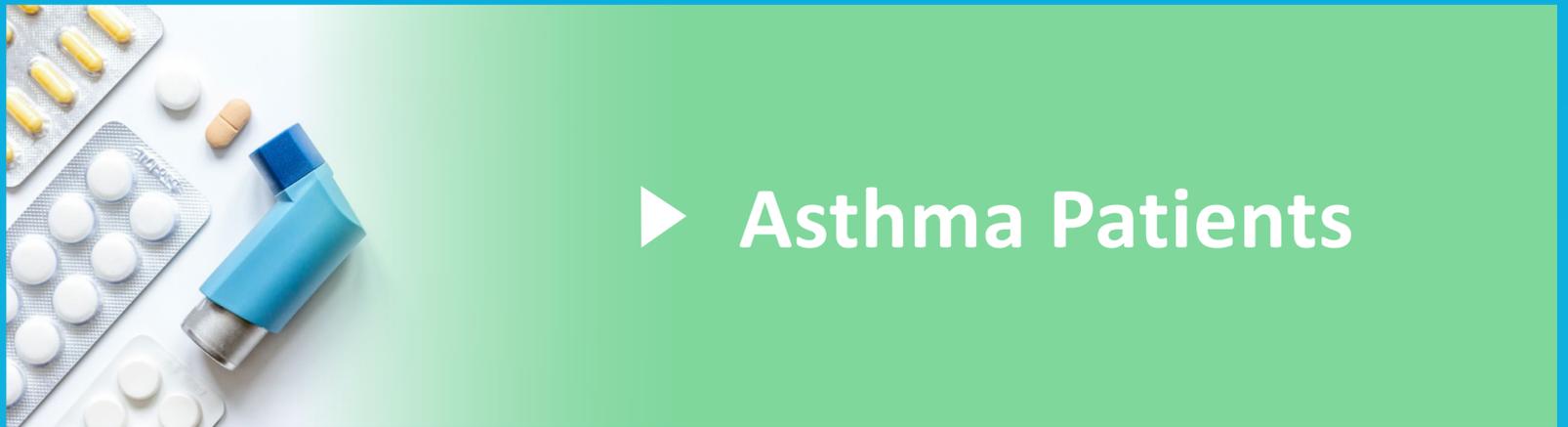


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Important Contact Numbers



Introduction

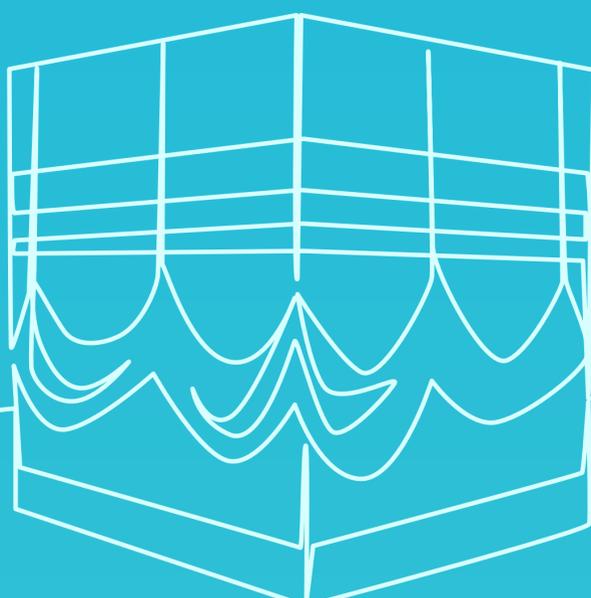
Hajj is a grand journey that incorporates the mind, the body, and the tongue as well as being a physical and **financial form of worship**.



Just as the pilgrim spends his **money** on it, he also exerts great **physical effort**.

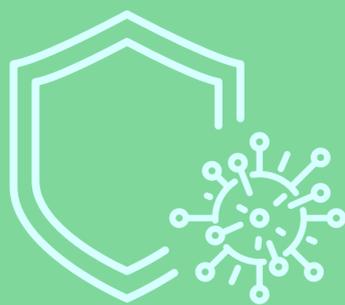
For this reason, one of the conditions to perform Hajj is physical ability, so whoever is unable to perform Hajj himself, does not have to perform Hajj.

Since Hajj is a special journey, the pilgrim must do everything in his power to maintain good health so that he can fully engage in worship.



Prevention Is Better Than Cure

The commandments and directives of Islam are based on preserving the body and health, and prevention before falling ill through cleanliness, food and drink safety, and even the prohibition of staying up late for no reason, which makes us live a healthy and sound life.



If you are diagnosed with a disease, the Messenger of Allah (ﷺ) commanded us to do what we can to treat this disease. He said: “Allah has sent down both the disease and the cure, and He has appointed a cure for every disease, so treat yourselves medically, but use nothing unlawful.”

Here are some of the most important preventive tips for a healthy Hajj journey:





Pilgrim's Medicine

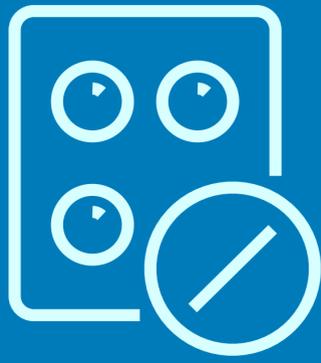


Pilgrims should take care of their prescribed medications and be sure to take a sufficient amount with them during Hajj, such as asthma inhalers and diabetes medications.



It is necessary to store medicines at an appropriate temperature when transporting them during Hajj, by placing them in a container that keeps them cool in hot weather. Hajj groups usually provide a refrigerator for medicines.





The pilgrim must inform one of his companions or the doctor of the group about his medical condition and the medications he is taking.



You should carry a prescription for the medication and a case report or card explaining your condition.



Pharmacies are located near the Grand Mosque, but there are no pharmacies in Mina, Muzdalifah and Arafah.



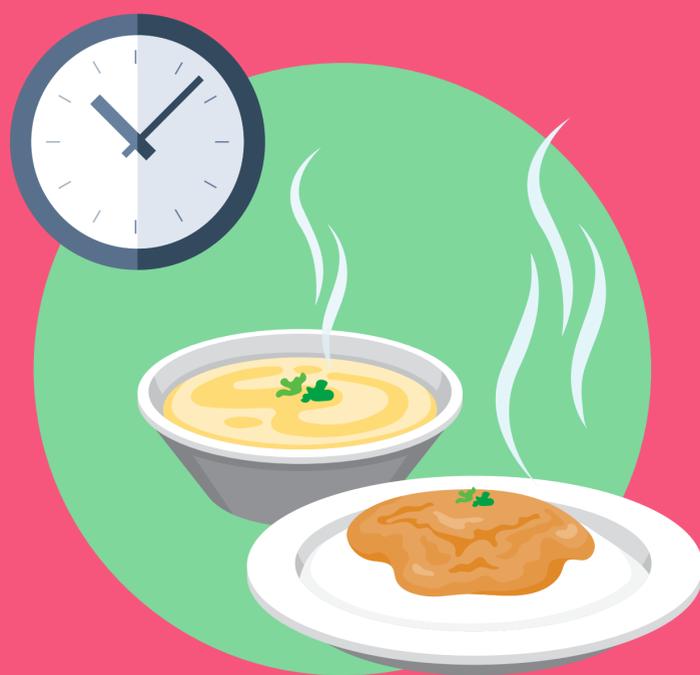
Rest assured; clinics and emergency centers can be found throughout the holy sites.



To reach the health centers in the holy sites, **click here**.



How to Prevent Food Poisoning

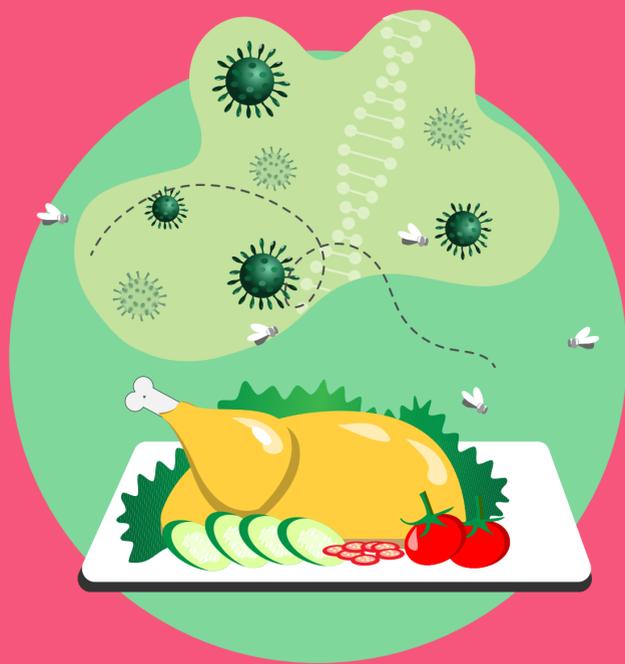


Avoid storing or eating food that was cooked and distributed a long time ago, especially while on the move for long periods of time.





Make sure to **wash fruits and vegetables** before eating them.



Keeping cooked food at room temperature for more than two hours leads to the proliferation of germs and the possibility of food poisoning.





Make sure to eat regularly and drink plenty of fluids to prevent dehydration.



Do not buy food sold by street vendors.





The Importance of Using Face Masks During Hajj

Face masks are used:

- **To prevent** the spread of infectious viruses.
- **When you have symptoms** of a cold, to prevent transmission of infection.





A face mask should cover the nose, mouth, and chin.





When should I use a face mask?



Masks are used at all times to limit the spread of Coronavirus.



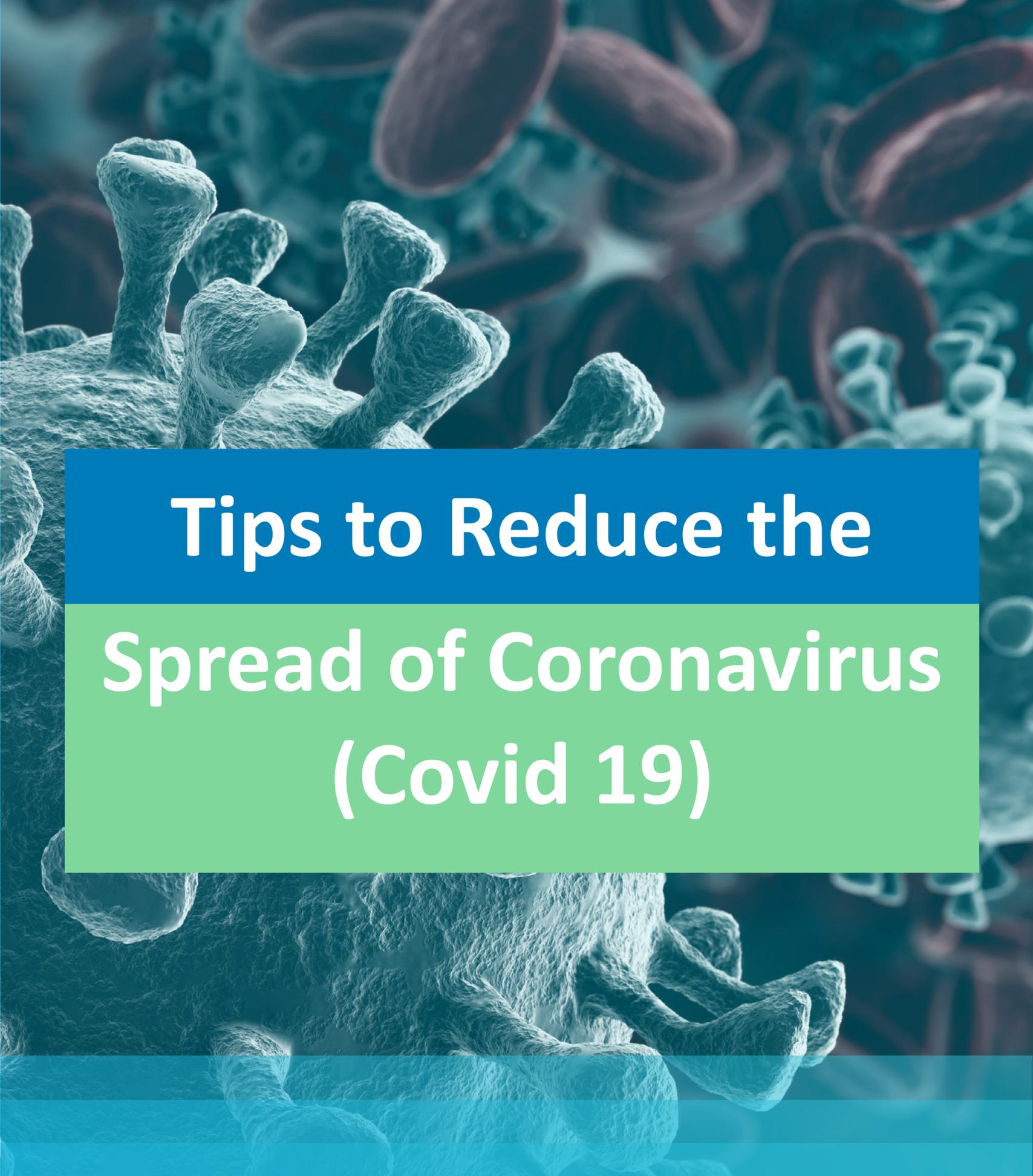
Inside the Grand Mosque, the Prophet's Mosque, while performing Tawaf, Sa'i and pelting the Jamarat.





A face mask should be replaced periodically or when it is dirty. Used masks should be disposed of in a dustbin.





Tips to Reduce the Spread of Coronavirus (Covid 19)

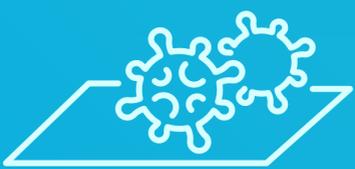
Coronavirus is spread through:



Breathing.



Small droplets from the nose or mouth which fall onto surfaces.



Touching surfaces with the virus on it, then touching the eyes, nose, or mouth.





Preventive measures to counter the spread of Coronavirus:



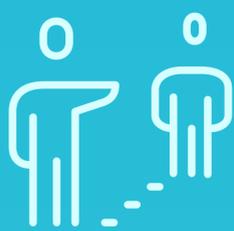
Wash your hands frequently with soap and water.



Use a face mask and avoid touching your eyes, mouth, or nose in crowded places.



Pay attention to personal hygiene at all times.



Stay a safe distance away from others in crowded places.





Use tissues when coughing and sneezing, then dispose of them in the designated places.



Use hand sanitizers.





Health and Safety

Advice Specific to Shaving

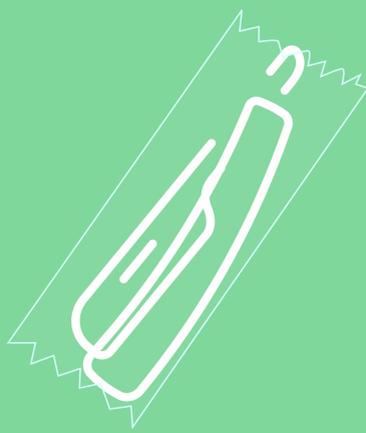


Shaving and trimming hair is one of the acts of Hajj. It takes place after completing Umrah and pelting Jamarat Al-Aqaba on the day of Eid. Here are some instructions which you must follow for your own safety and to protect you from infectious diseases.

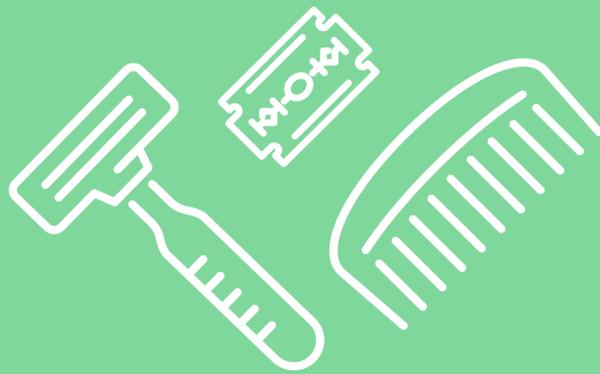




Ask the barber to wash his hands with soap and water before starting.



Make sure the barber uses disposable razors, and that he changes them before shaving you.



Avoid sharing any type of razor with others.

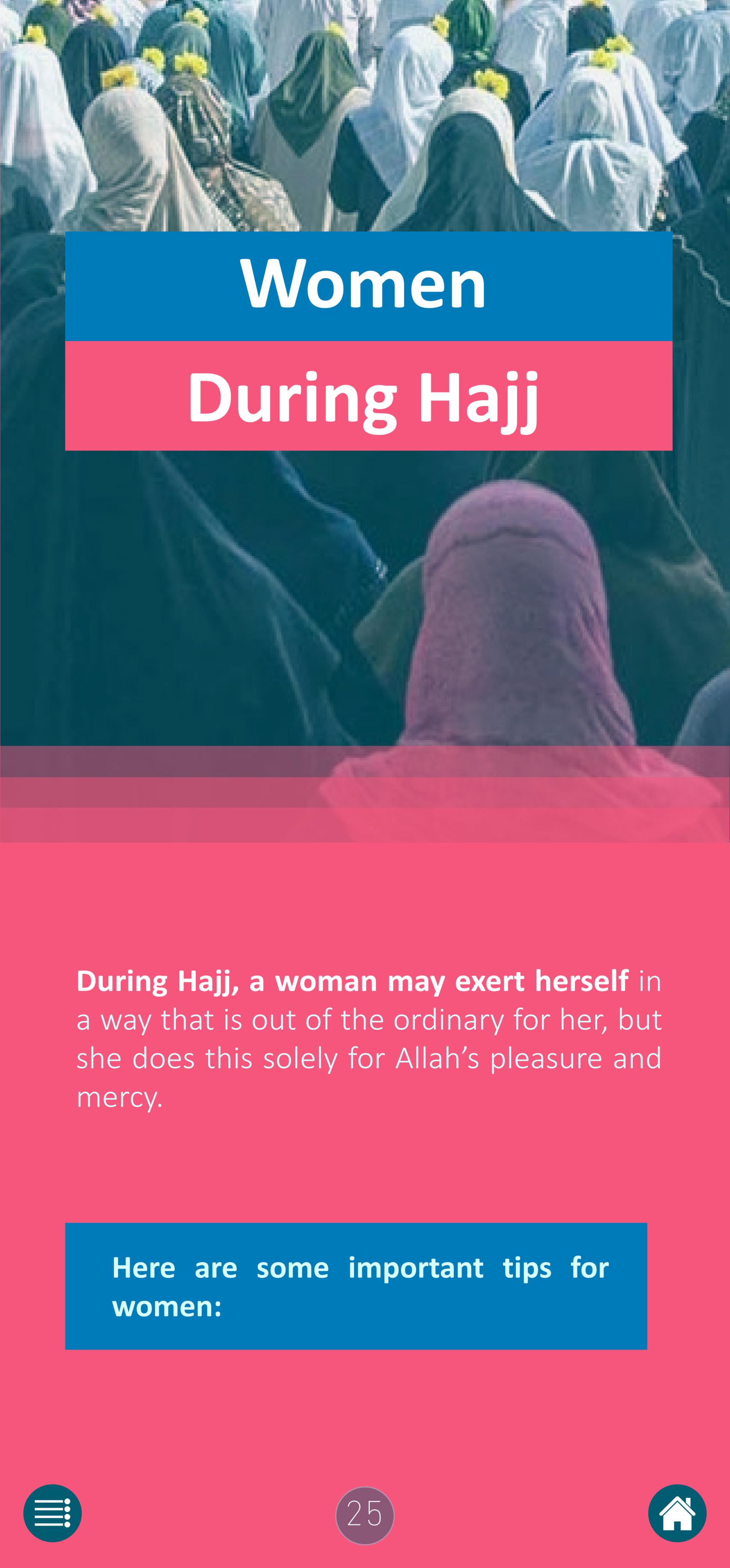




Warning:

Used razors expose the pilgrim to the risk of contracting infectious diseases, the most dangerous of which is Hepatitis.





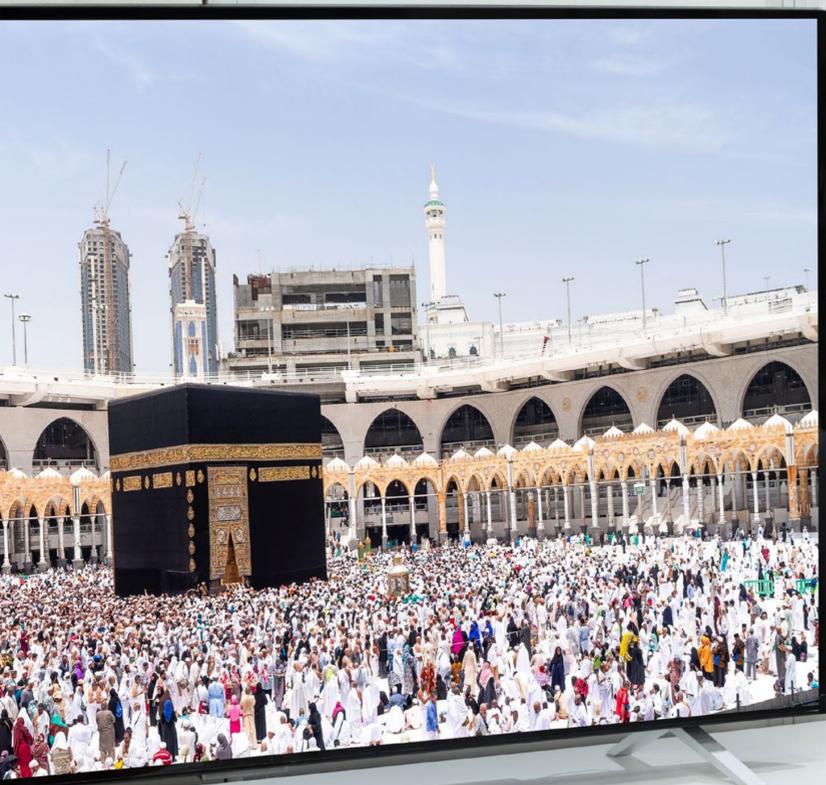
Women

During Hajj

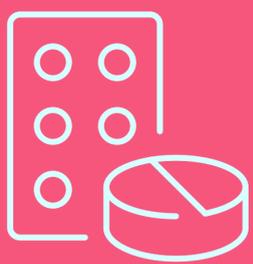
During Hajj, a woman may exert herself in a way that is out of the ordinary for her, but she does this solely for Allah's pleasure and mercy.

Here are some important tips for women:





Menstruation:



If a woman wishes to use pills to prevent menstruation so that she may complete her rituals without any obstruction, she must:



- **Consult her doctor** before coming to understand how to use them and what the appropriate dose is.



- **Take the pills** on the specified times.



Health tips for pregnant women during Hajj and Umrah:



Wear loose-fitting cotton clothing and appropriate footwear.



Drink enough fluids.



Avoid big crowds.



Avoid extreme heat.



Walk every one or two hours.



Go to the nearest hospital when you experience bleeding, headache, or cramps.



Avoid any excessive physical exertion, use the concessions you are allowed to make within Islamic law, and send a representative to pelt the Jamarat in your place.



Children During Hajj



When traveling with children, make sure of the following:





Put a bracelet around the child's wrist containing their name and your phone number.



Complete the child's basic vaccinations.



Let them drink enough fluids.



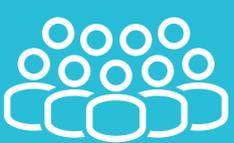
Let them wash their hands regularly.



Take care of the child's personal hygiene.



Be certain about the food they eat.



Do not to take them to overcrowded places.







Respiratory Diseases

Respiratory diseases are among the most common diseases during Hajj, and are caused by the transmission of germs or viruses through coughing or sneezing.

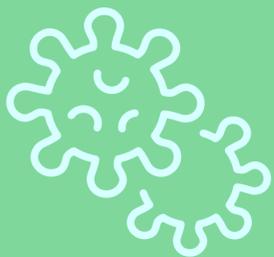


General Tips When Symptoms of Respiratory Diseases Occur

- **Always** wear a face mask so as not to harm others.
- **Drink** warm fluids.
- **Rest** as much as possible.
- **Take** painkillers.
- **Consult the doctor** of your group to take medications which reduce coughing or congestion.
- **Only use** antibiotics with a prescription.



Ways to Prevent Respiratory Diseases



Do not use other people's utensils.



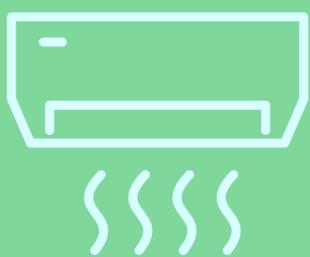
Maintain distance from infected people.



Avoid big crowds.



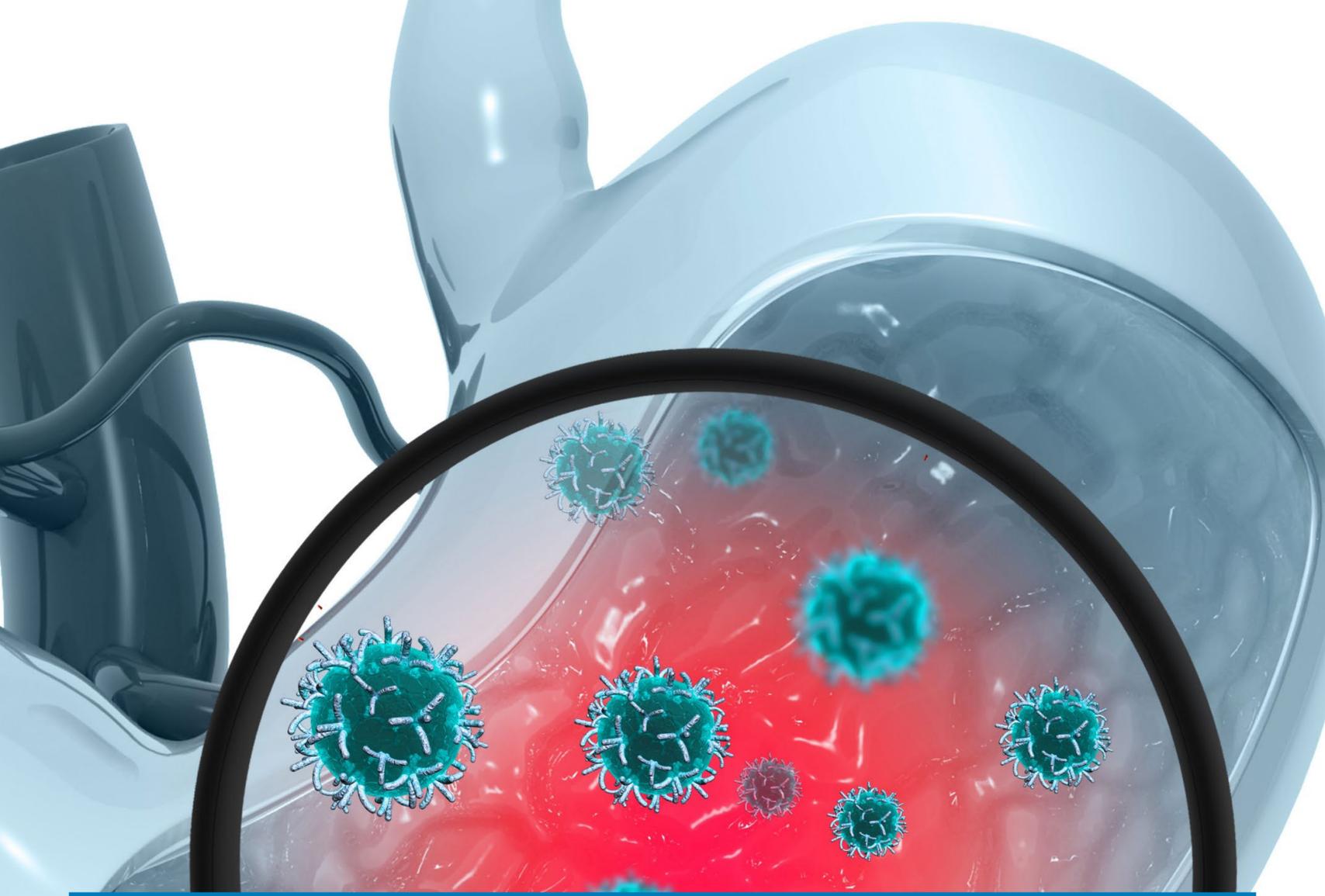
Wash your hands.



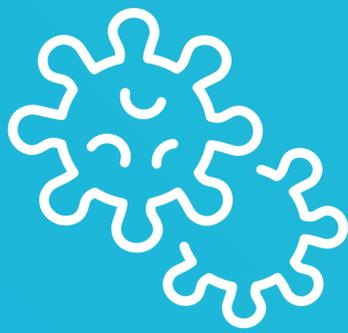
Avoid direct exposure to air conditioners.



Avoid drinking very cold water.



Diarrhoea, Gastroenteritis, and Constipation



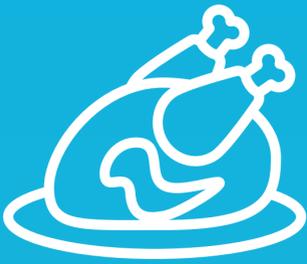
These are conditions caused by the transmission of bacteria, viruses, or fungi to the body through contaminated food or drink.



To Prevent Gastroenteritis and Diarrhoea, Be Sure To:



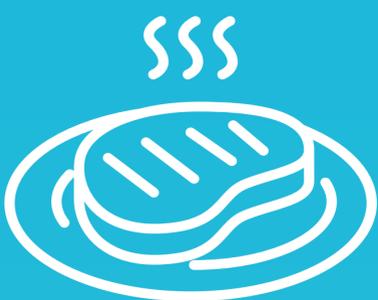
Follow the rules of food safety and hygiene.



Make sure that any meat is cooked well.



Wash your hands



Avoid foods that contain a lot of fat.



Avoid buying food from street vendors.

To Treat Diarrhoea

- **Drink** a lot of water.
- **See a doctor** in case of severe diarrhoea.



To Prevent Constipation



- **Eat a lot** of vegetables and fruits.
- **Drink** plenty of fluids.



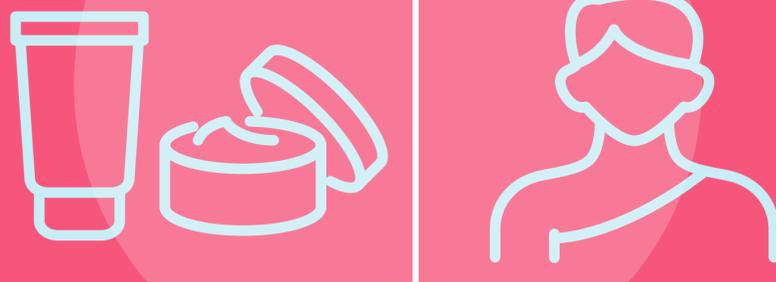
Skin Diseases and Injuries

Skin diseases are common during the Hajj and Umrah seasons due to:

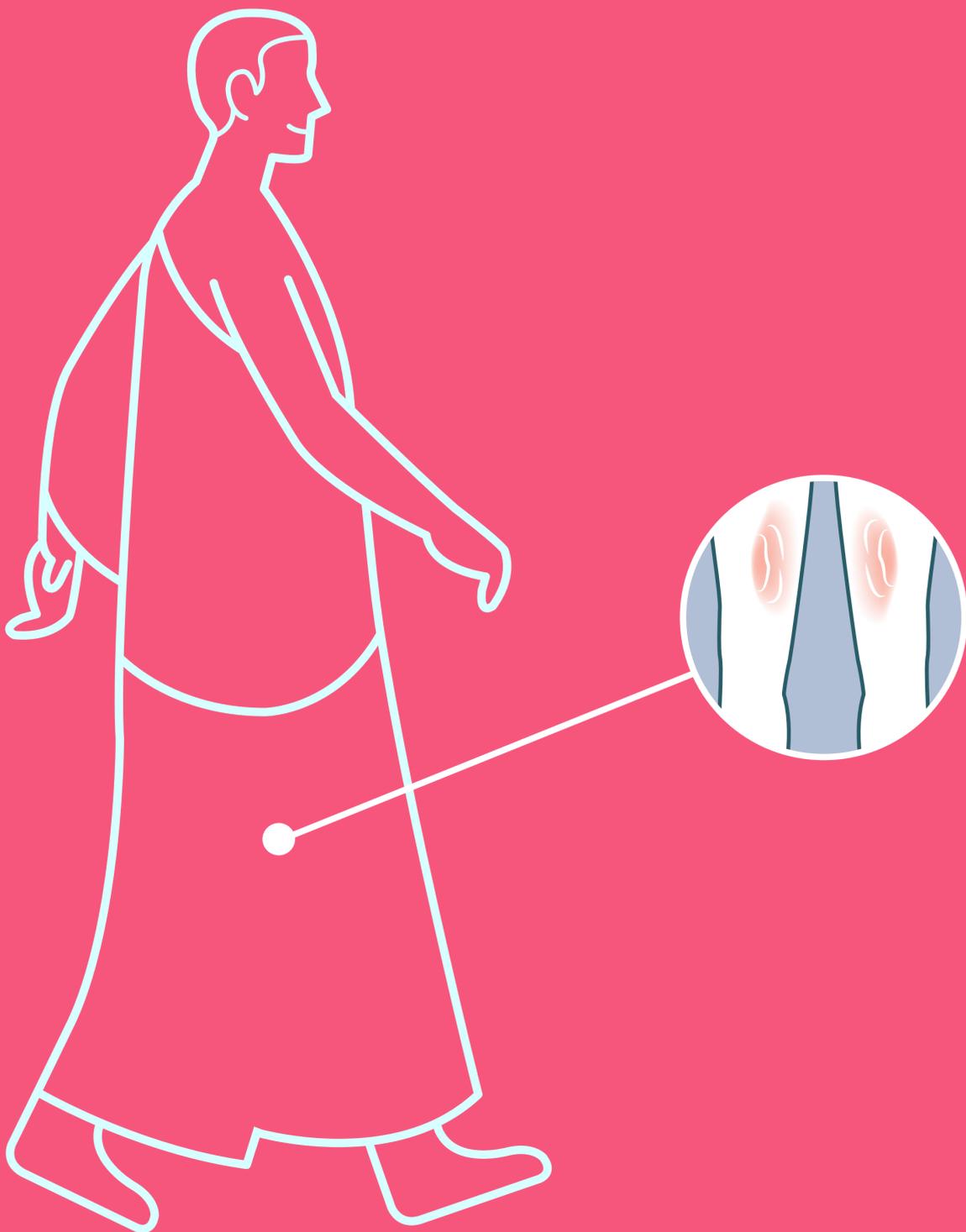
- **High** temperatures.
- **Extreme** crowding.
- **Increased** sweating.
- **Exposure** to the heat of the sun.



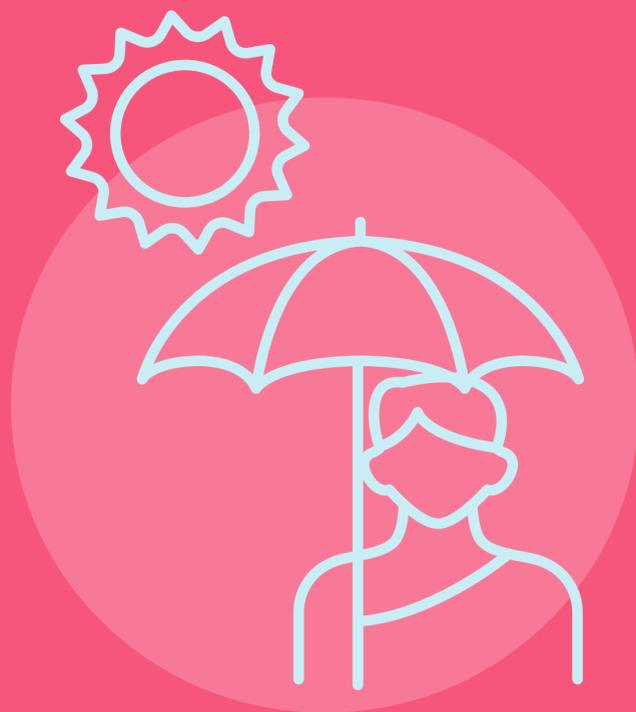
Preventing the Inflammation of Folds or Skin of the Thighs



- **Ventilate** your upper thighs and armpits well.
- **Take care** of your personal hygiene.
- **Use ointments** before walking.



Preventing Sunburn



- **Always use a parasol**, especially from 10am to 3pm.
- **Avoid exposing the body** except as required by the rituals.
- **Use sunscreen.**



How to Prevent Fungal Skin Infections



- **Take care** of your personal hygiene.
- **Shower** regularly.
- **Always wear** clean underwear.
- **Do not use** other people's clothes and towels.





Heatstrokes

Heatstroke is an extreme rise in body temperature due to prolonged exposure to the heat of the sun.

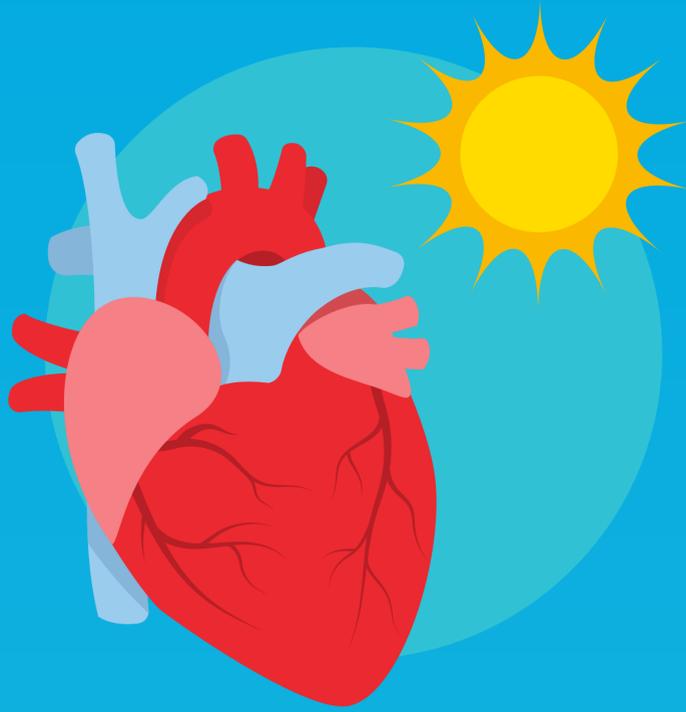




Heatstroke symptoms:

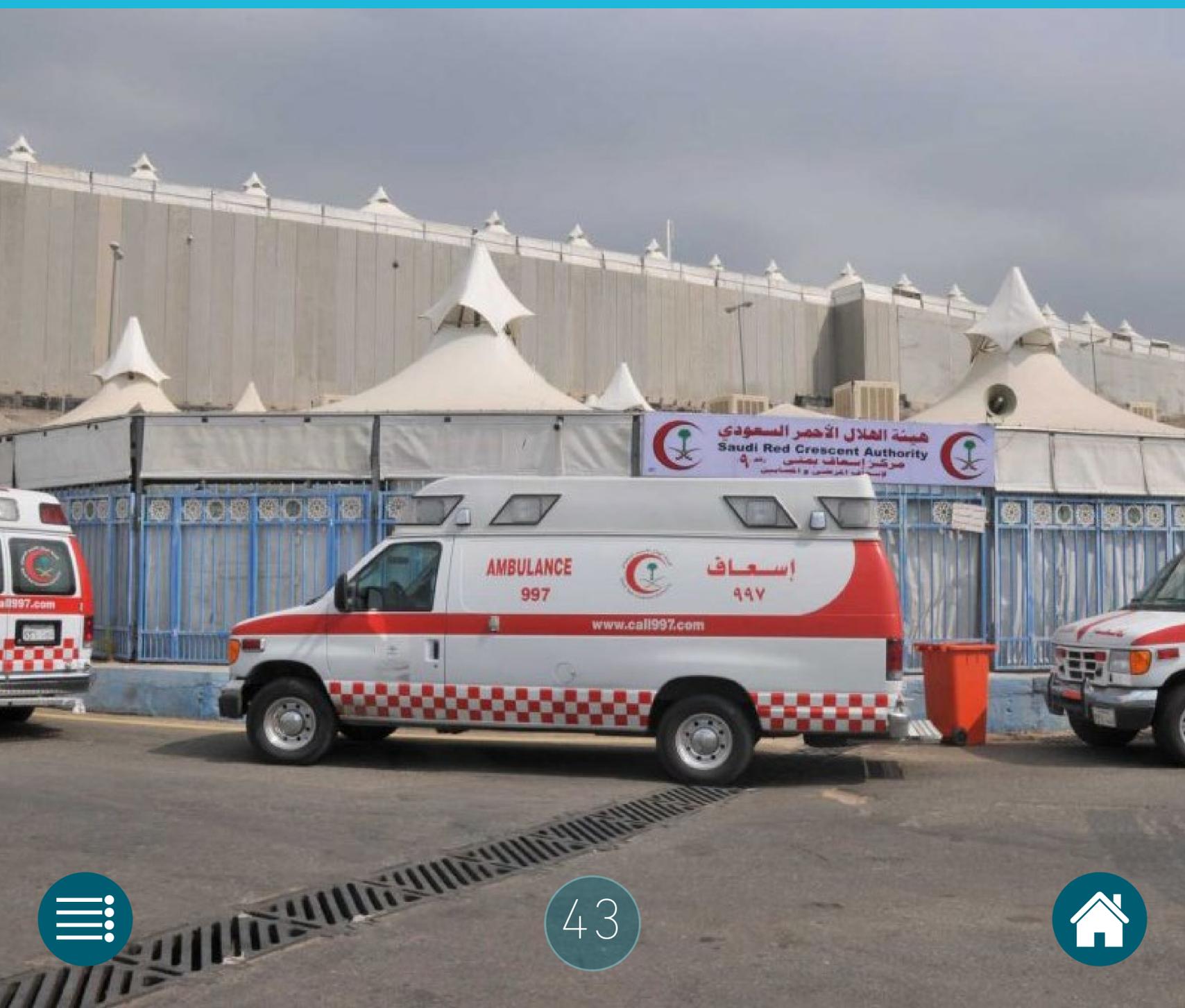
A high temperature, which is accompanied by:

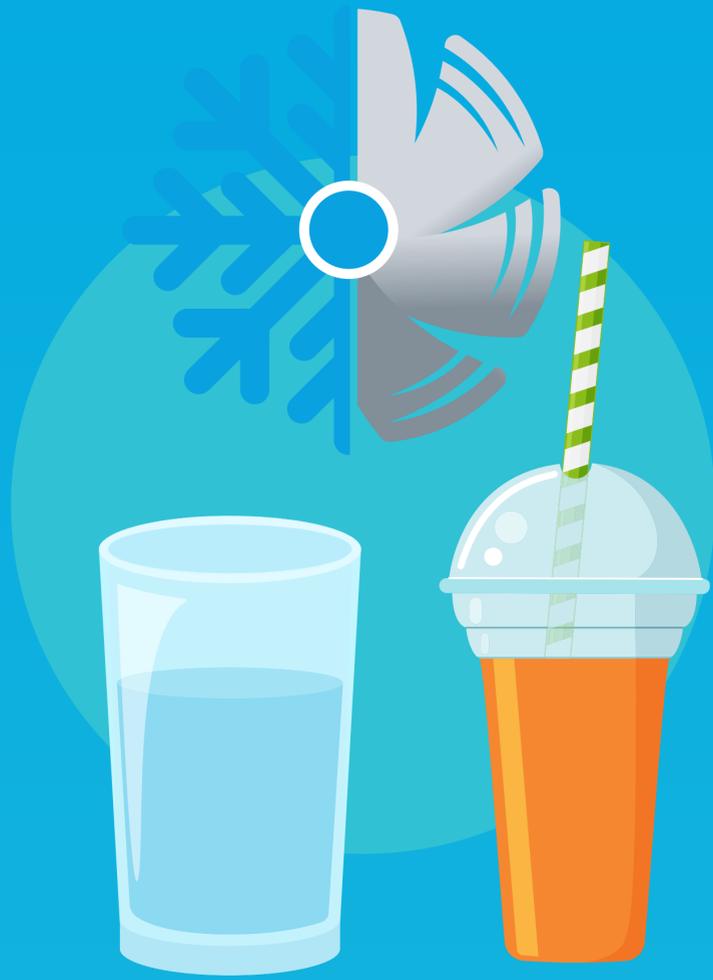
- **Headache** and dizziness.
- **Dryness** and redness of the skin.
- **Feeling faint** and feeling pain in the abdomen.
- **Vomiting** and diarrhea.



If the condition becomes more severe, the following may occur:

- **Heart** palpitations.
- **Convulsions** and spasms.
- **Death.**





Heatstroke is a medical emergency for which first aid must be provided quickly, in the following manner:

- Move the patient to a cool place.
- Remove outer clothing.
- Cool the body with water.
- Expose the body to an air source.
- Give the patient some fluids.



To Prevent Heatstroke:

Do not go out during the day, except when necessary or to perform your rituals.

Do not reveal anything from your body except what the rituals command, which is the head during the period of Ihram.

Carry a parasol with you during the day, especially when the sun is at its hottest, from 10am to 3pm.

Drink more fluids.





Muscle

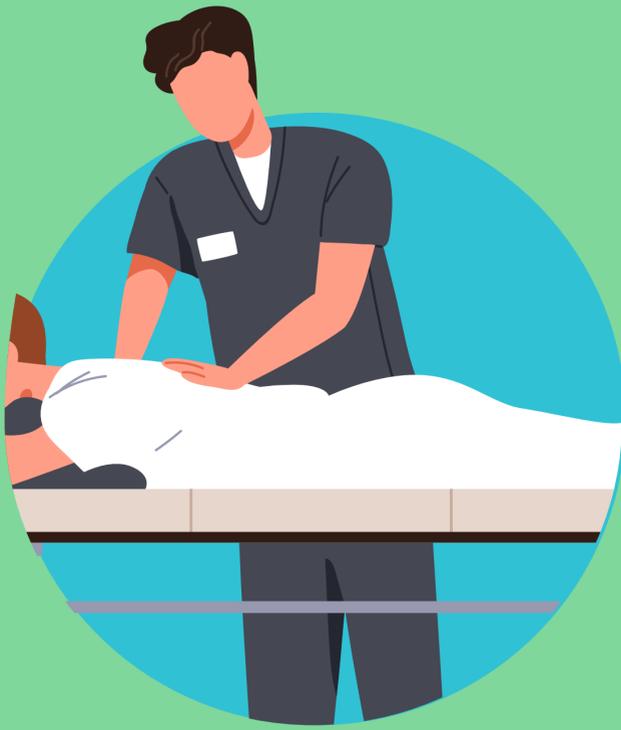
Strain



The main causes of muscle, joint, and ligament overexertion:

- **Excessive** fatigue.
- **Continuous** violent movement.
- **Poor** fitness.
- **Carrying** heavy objects.





Treating Muscle and Joint Pain

- **Stop moving** when you feel pain.
- **Apply pressure** to the affected area or use compression bandages.
- **Cool** the affected area.
- **Elevate** the affected part to relieve swelling.
- **Ask for medical advice** when necessary.





Diabetic Patients

Dear diabetic patient:

You can perform Hajj or Umrah after undergoing a medical examination and making sure that your health is good enough for you to perform Hajj or Umrah.



Dear Diabetic patient:



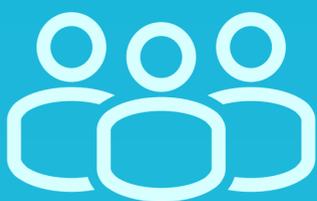
Wear a bracelet around your wrist, or carry a card with you, stating that you have diabetes and indicating the type of treatment.



Take a glucometer with you, and measure your blood sugar daily.



Carry a detailed medical report about your health condition.



Inform those close to you of the fact that you have diabetes.

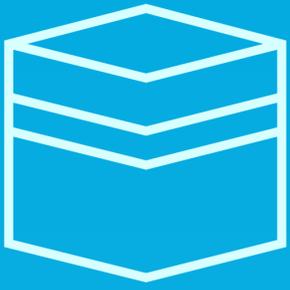


Take enough diabetes medication with you.



Make sure the insulin is cool during your Tawaf and Sa'i.





Do not begin your Tawaf or Sa'i until you have taken your medication and have eaten enough.



You should temporarily stop performing the rituals when you feel a decrease in your sugar level.



Protect your feet from everything that might wound them while performing Tawaf and Sa'i and be sure to stay away from wheelchairs.



Make sure to wear comfortable socks.



Eat basic and light meals while traveling.



Follow the diet prescribed by your doctor.

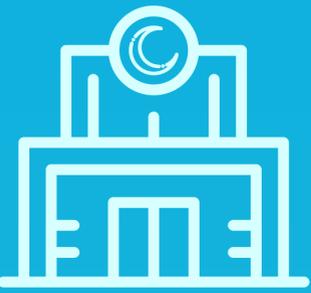




Use electric razors instead of razorblades.



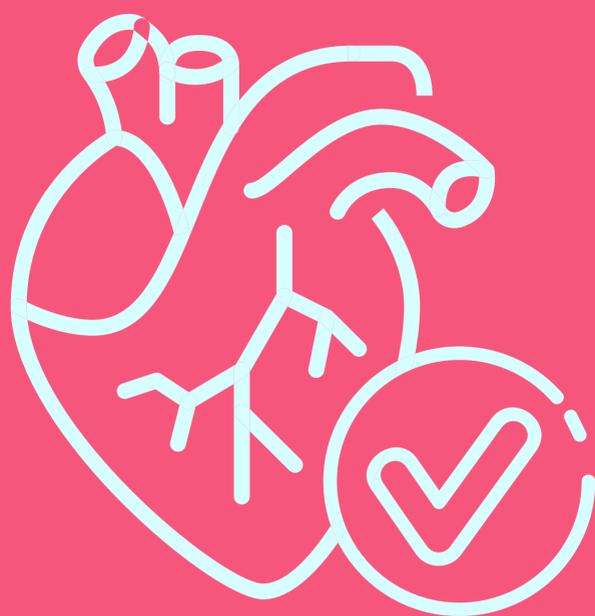
Drink water in appropriate quantities.



Visit the health centres when necessary.



Patients With Heart Diseases

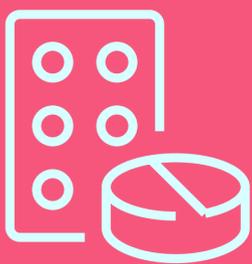


A patient with heart disease can perform the rituals of Hajj if his health condition is stable.





Medical advice for patients with heart disease



Bring an adequate amount of medication.



See a doctor before going to Hajj.

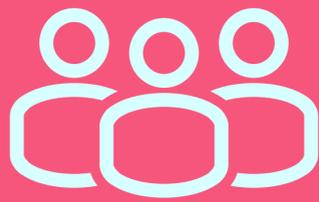


Carry a medical card or report.





Do not subject yourself to excessive physical or neural exertion.



Always stay with a group of friends or relatives.



Take a break when you feel chest pain or shortness of breath.



Refrain from climbing heights and stairs.



Hypertensive Patients



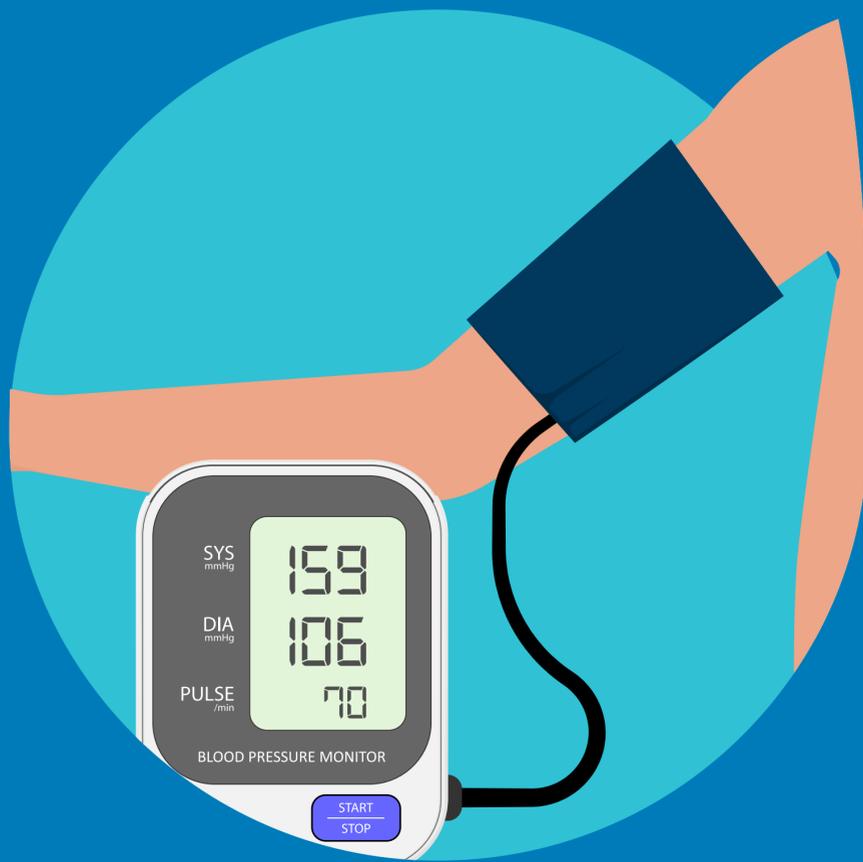
You can successfully control your blood pressure during Hajj or Umrah by following your doctor's instructions.





Symptoms of hypertension:

- **Heart palpitations** and shortness of breath.
- **Sweating**, anxiety and stress.
- **Nose bleeding.**
- **Headache**, dizziness and nausea.
- **Blurred** vision.



Tips for hypertensive patients:

- Consult a doctor and show him your medicines before traveling.
- Move and walk around a bit on the plane.
- Measure your blood pressure before traveling and during Hajj.
- Plan your medication timetable well.
- Beware of sudden changes in air temperature.



- Stay calm and avoid stress.
- Take a break when tired.
- Avoid eating salty foods.
- Drink plenty of fluids.





If you are likely to have a heart attack:

- You should consult your doctor about carrying special medicines.
- Do not undergo any excessive physical exertion.
- Use a wheelchair when tired.

People Suffering From Allergies



Allergies increase during the Hajj season due to crowding, dust, heat and smoke from car exhausts.





In general, there is no risk to the pilgrim from allergic reactions, except in the case of chest diseases (asthma).



We advise people suffering from an allergy to avoid the times, places, actions, and foods which can trigger the allergy.





Some allergy medications cause drowsiness; Therefore, be very careful not to fall in crowds.



A top-down photograph of various medications including a blue inhaler, several blister packs of white and yellow pills, and a few loose pills on a white surface. A blue and green text box is overlaid on the center of the image.

Asthma

Patients



The rituals of Hajj and Umrah may require the person to be in crowded places, sometimes filled with dust or smoke from car exhausts.





As thma patient should take their inhaler with them during their travels between the different holy sites.



When you feel the symptoms of an asthma attack, you should do the following:

- **Use** an asthma inhaler immediately.
- **Visit** the nearest health center or hospital.

A photograph of a hospital dialysis room. Several dialysis machines are lined up, each with a patient lying on a bed. The room has large windows with blinds. The text is overlaid on a blue and pink background.

Patients With Chronic Kidney Diseases



We advise you to see a doctor to make sure that you can perform Hajj or Umrah.





Hajj poses great hardship to a patient who needs dialysis, unless he is able to perform Hajj with a medical delegation.



Make sure you carry your prescribed medications and keep them in a convenient and easily accessible place.



Avoid the heat of the sun and perform some rituals after sunset, or appoint someone else to do so; a concession you are allowed to make according to Islamic law.



Important Contact Numbers

911

For emergency and security services

937

Medical consultations and inquiries

920002814

Ministry of Hajj and Umrah call center to answer inquiries from pilgrims

1966

For inquiries about the Grand Mosque and the Prophet's Mosque



You can obtain the rest of the guides by visiting the website of the Ministry of Hajj and Umrah (by clicking here).

In these guides, you will find all the instructions and directions which will help you perform the Hajj rituals with ease and confidence.



Strategic partner



Partners in success



May Allah Accept Your Good Deeds

For more information,
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