

Tips for a healthy and safe Hajj



Do not share personal tools

Wear clean cotton clothes to avoid chafing.



Cleaning teeth daily

Wear a mask as much as possible



Avoid touching your eyes and nose with dirty hands to prevent illness

Wash your hands:

- Before and after eating.
- After using the restroom.
- After sneezing and coughing.



Mandatory Hajj vaccinations



Coronavirus vaccine:

For all those wishing to perform Hajj, including adults and children
.over five years old



Meningitis vaccine:

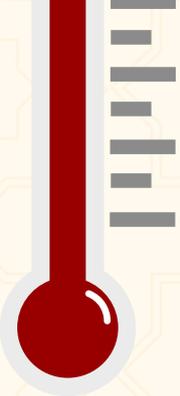
For all those who have not been vaccinated within the past five
years, and it must be taken at least ten days before travel



Seasonal influenza vaccine:

For all those who have not received the vaccination this Hajj season,
it must be taken at least fourteen days before travel.





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**Areas where
heat injuries
are more
common:**

Tawaf, especially at noon.

On the plain of Arafat at noon.

During Sa'i (the Sa'i) during times of crowding and high temperatures.

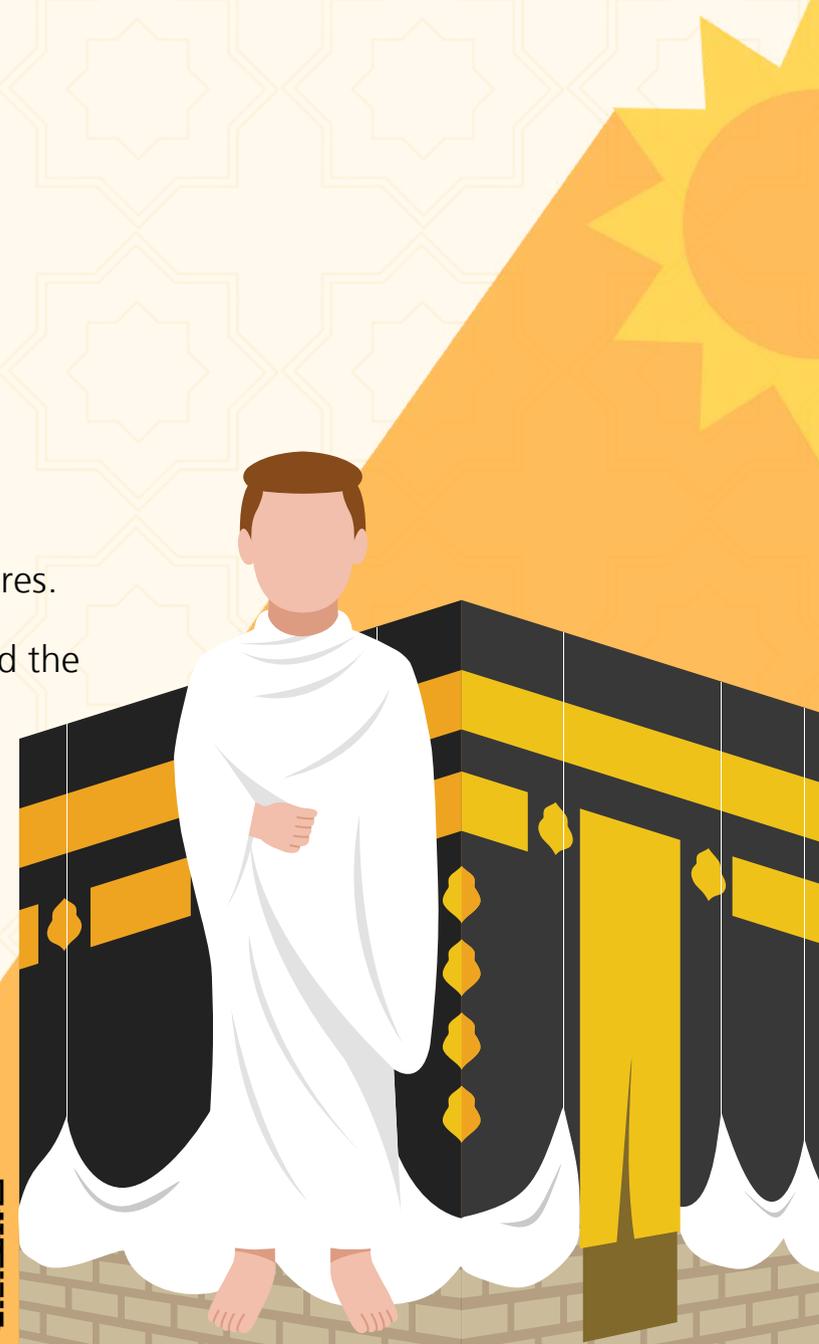
In Mina and during the stoning of the Jamarat due to crowding and the long distance.

Use a light-colored umbrella

Drink plenty of fluids, such as water and juices

Avoid prolonged exposure to direct sunlight

Take a break after each ritual to avoid fatigue



**To prevent heat
injuries, follow
the following:**



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Tips for preventing food poisoning during Hajj



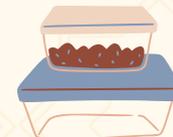
Wash your hands before and after eating.



Do not leave food uncovered.



Keep food in the refrigerator or prepare enough for one meal.



Avoid storing cooked food for long periods.



Wash fruits and vegetables before eating them



Check the expiration date of foods and drinks before consuming them

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Tips for diabetics during Hajj



It is recommended to wear a medical bracelet that includes your name, age, type of illness, and type of treatment, so that you can easily receive assistance when needed



Make sure you carry enough prescribed medications and store them properly, especially if medications such as insulin require refrigeration.



Make sure to carry a blood glucose meter and measure your blood glucose levels regularly throughout the day.



Carry sweetened juices or sweets to eat in case you feel low.



Make sure to take enough medication and food before starting Tawaf or Sa'i to avoid high or low blood sugar levels.





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Tips for heart patients during Hajj



-  You should consult your doctor to ensure your ability to perform Hajj and to find out the necessary requirements.
-  Make sure to bring a medical report or card showing your medical condition and medications to make it easier to get assistance.
-  Make sure you carry enough of your prescribed medications and keep them in an easily accessible place.
-  Avoid excessive physical exertion by using a wheelchair during Tawaf and Sa'i or when you feel fatigued.
-  You should visit the nearest emergency health center if you feel any chest pain or shortness of breath.



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Tips for asthma patients during Hajj



It is recommended to wear a medical bracelet that includes your name, age, type of illness, and type of treatment, so that you can easily receive assistance when needed.



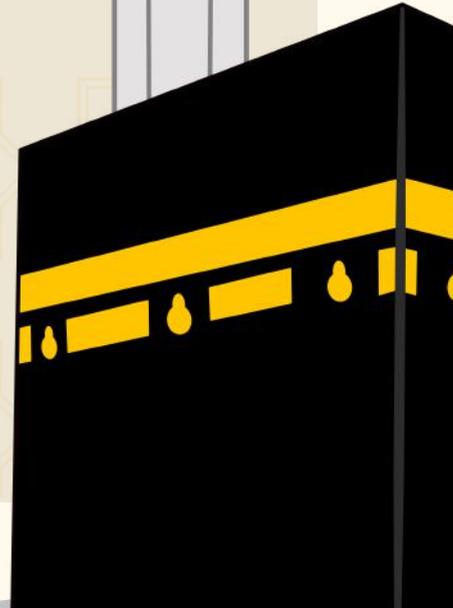
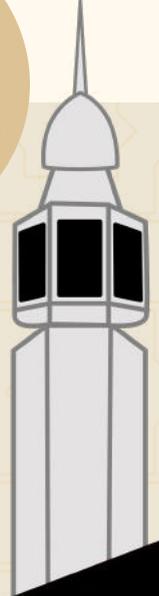
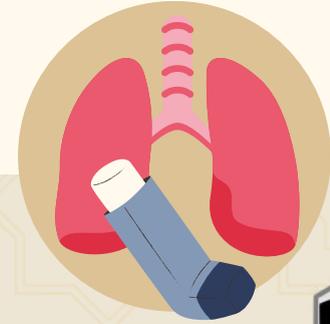
Heavy traffic can trigger an asthma attack, so make sure to perform the rituals during less crowded times.



Commitment to taking bronchodilator medications and inhalers before Hajj and continuing during Hajj.



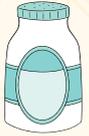
You should always carry your inhalers during Hajj to use them when needed. If short-acting inhalers do not work and you experience symptoms of an asthma attack, such as: (recurring cough, wheezing, shortness of breath, chest pain), go to the nearest emergency care center.



Tips for preventing skin rashes during Hajj



You should ventilate your body folds well, especially the upper thighs and armpits.



Use unscented powder after sweating to absorb sweat.



Pay attention to personal hygiene and use appropriate ointments before walking.



You should keep the area as dry as possible and wear cotton clothing to prevent friction.



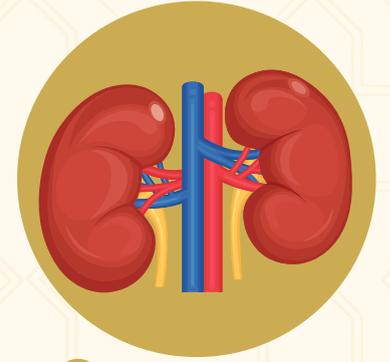


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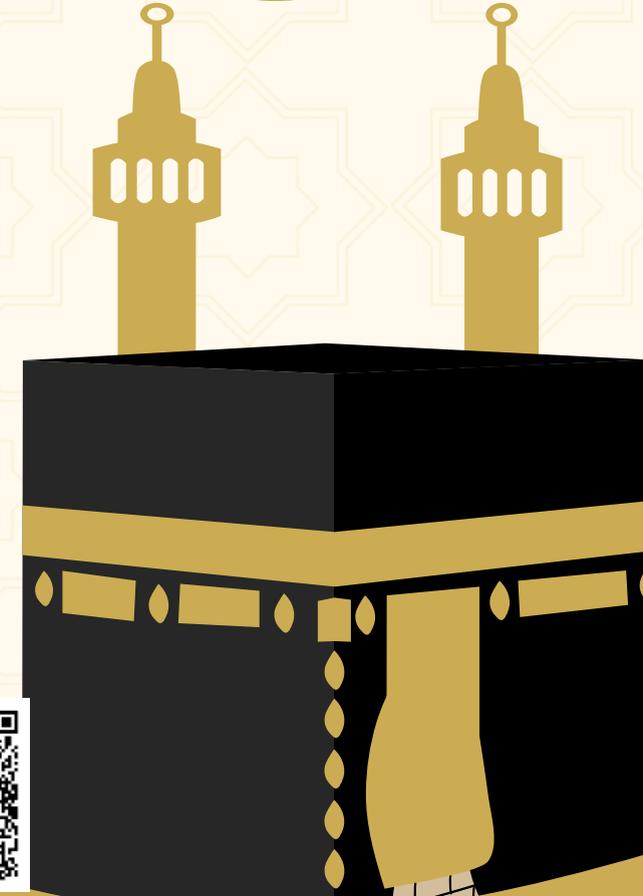
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Tips for kidney patients during Hajj



- ♥ You should consult your doctor to ensure your ability to perform Hajj and to find out the necessary requirements.
- ♥ Make sure you carry enough of your prescribed medications and keep them in an easily accessible place.
- ♥ Avoid prolonged exposure to sunlight to prevent loss of fluids and salts from the body.
- ♥ Do not eat a lot of meat and proteins, so as not to affect kidney function.
- ♥ If you suffer from kidney failure, be sure to attend dialysis sessions during the Hajj period on a regular basis, according to the system followed by the Ministry of Health.
- ♥ You should visit the nearest health center if you experience any health disorder.



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Tips for pregnant women for a healthy Hajj



- Consult your doctor before going on Hajj to ensure you are fit to perform the ritual.



- Make sure to get the necessary vaccinations at least fourteen days before your trip.



- Wear comfortable clothing and shoes.



- Drink plenty of water and fluids.



- If you are taking medication, take adequate amounts.



- Rest after performing the rituals to avoid fatigue.



- Move around regularly to prevent blood clots and avoid sitting for long periods.



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