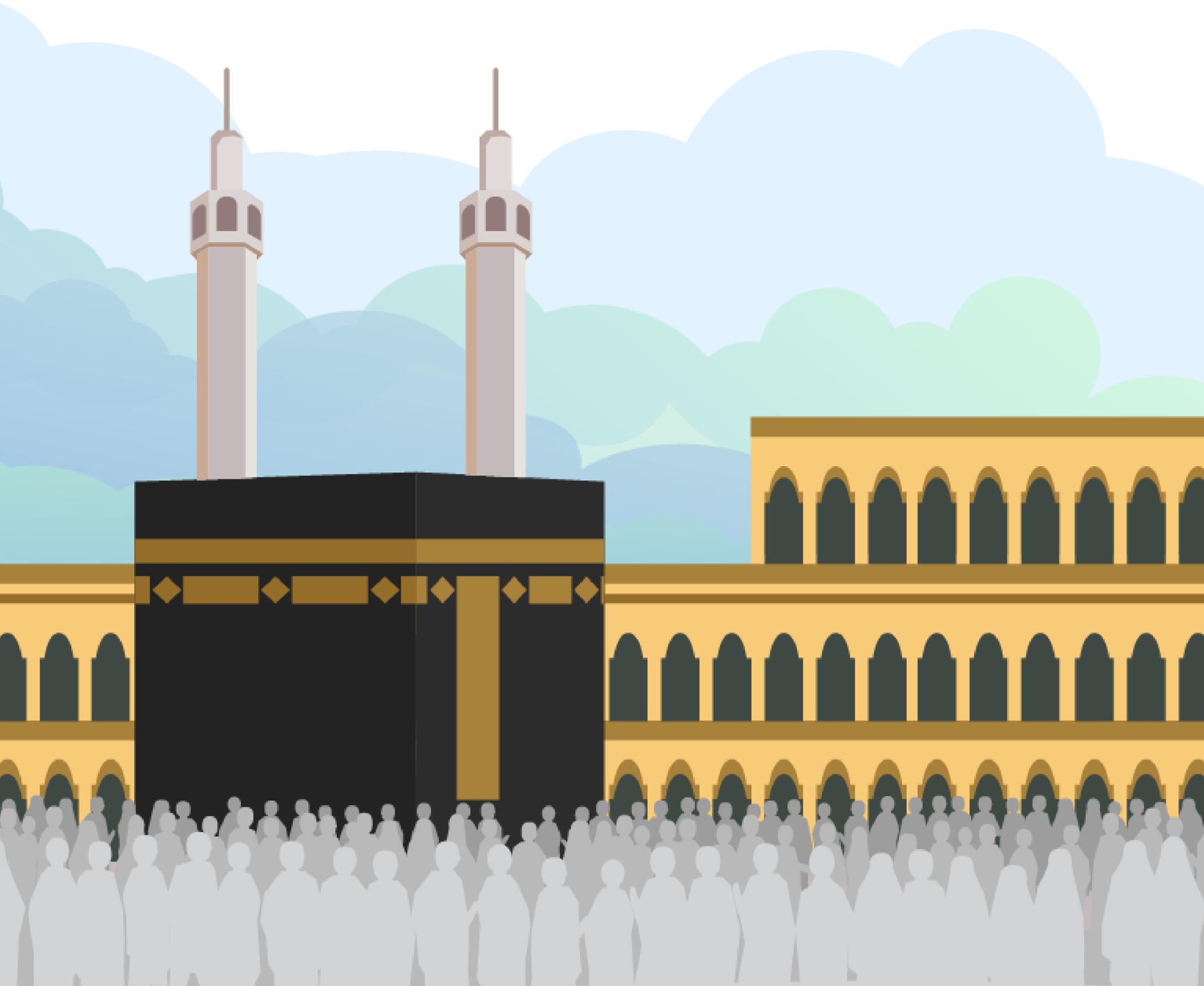


# Health Awareness Guide for Pilgrims



## 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



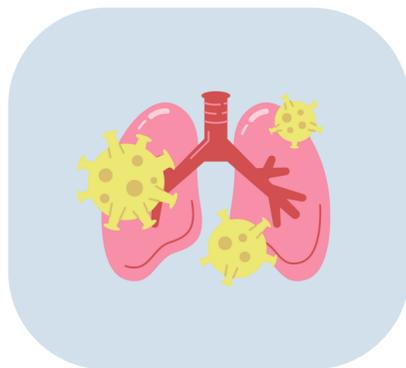
# Hajj Vaccinations

- Taking vaccination before Hajj is necessary to prevent some infectious diseases.
- Hajj vaccinations must be taken at least 14 days before the date of travel so that the body can obtain the necessary immunity against targeted diseases.
- All vaccination services for pilgrims are available in Primary Healthcare Centers under Emirates Health Services.

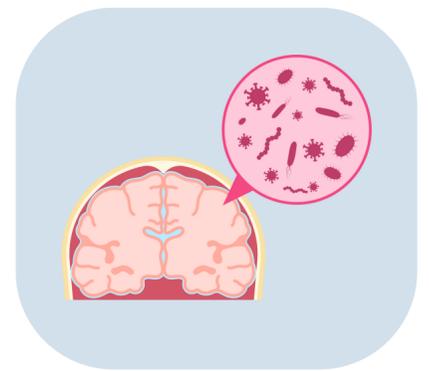
The necessary vaccinations for this year's Hajj season include:



Seasonal Influenza 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 must get the Pneumococcal vaccine.



Meningococcal vaccine

Other optional vaccinations:

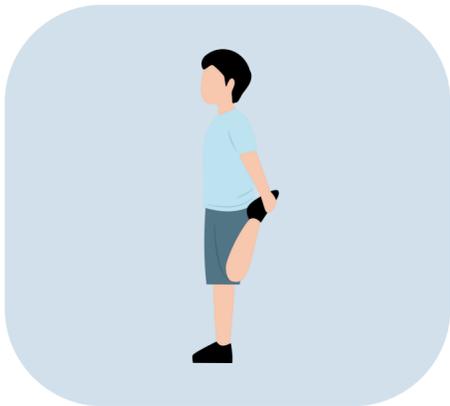


2 doses of COVID-19 vaccine

# 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



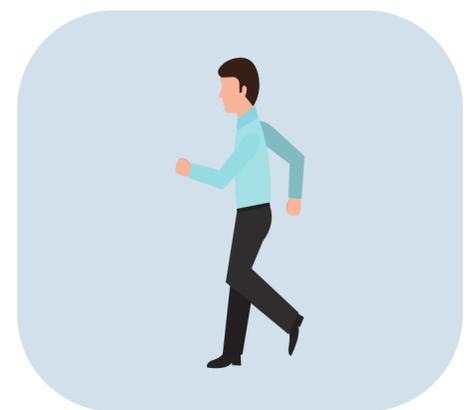
Perform regular aerobic exercise for 30 minutes a day, 5 days a week



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, wounds and sunburn

Cold medications

Medicines for stomach diseases

Masks

Medical Adhesive

Thermometer, BP monitor and glucometer



Wound antiseptics, fever medications, and pain relievers

Headache medications

Muscle spasm medications

Vitamin C tablets

Allergy medications

Antibiotics if prescribed by a doctor



# 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 with soap and water or use a hand sanitizer



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



## Not taking medicines based on the doctor's instructions

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



# Heatstroke during Hajj

To avoid sunstroke during Hajj:



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



# Foot care during Hajj



Apply a moisturizer to prevent dryness



Wear comfortable shoes and socks



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 with soap and water before and after preparing or eating food



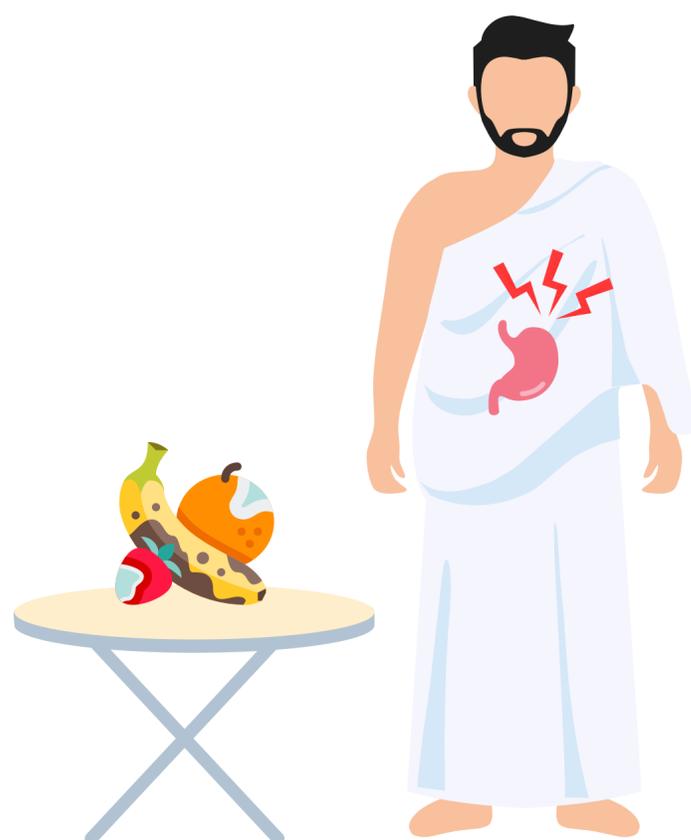
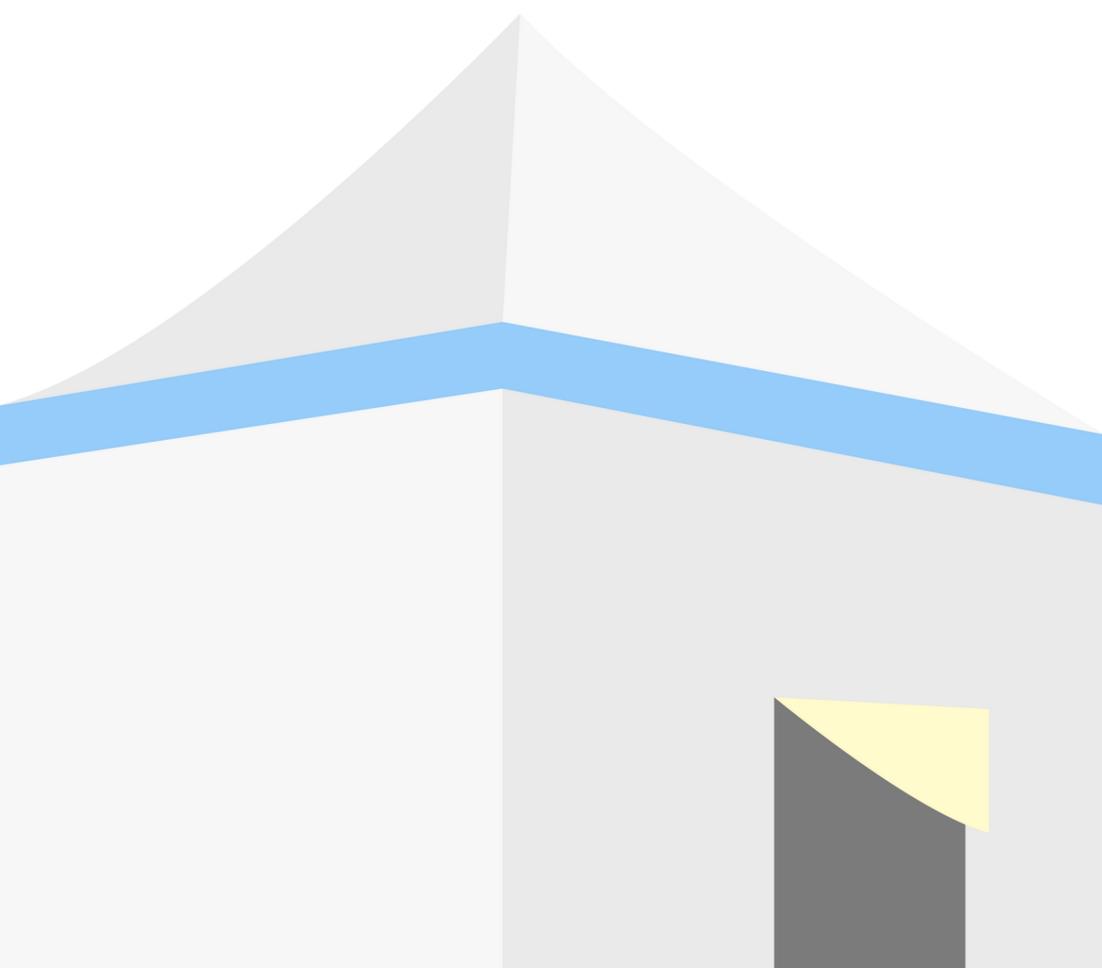
Avoid eating food from street vendors



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



Seek medical attention if you develop symptoms



Avoid touching eyes, nose or mouth with unclean hands



Avoid drinking very cold water



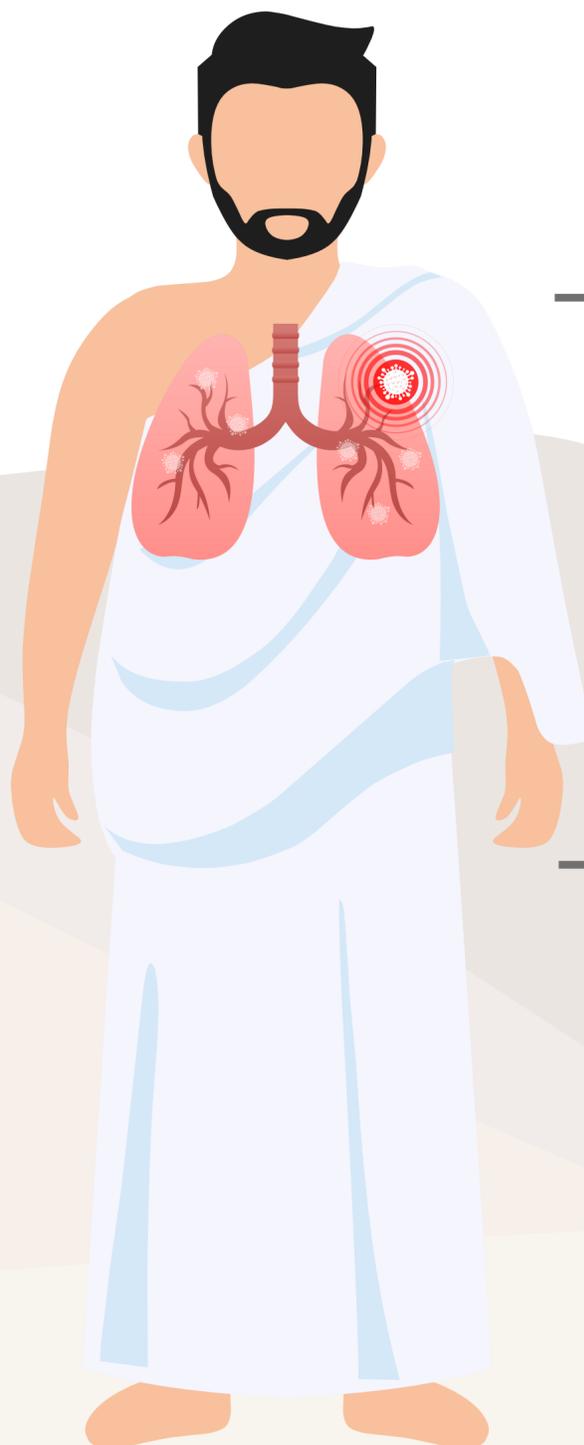
Avoid close contact with patients with respiratory symptoms



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



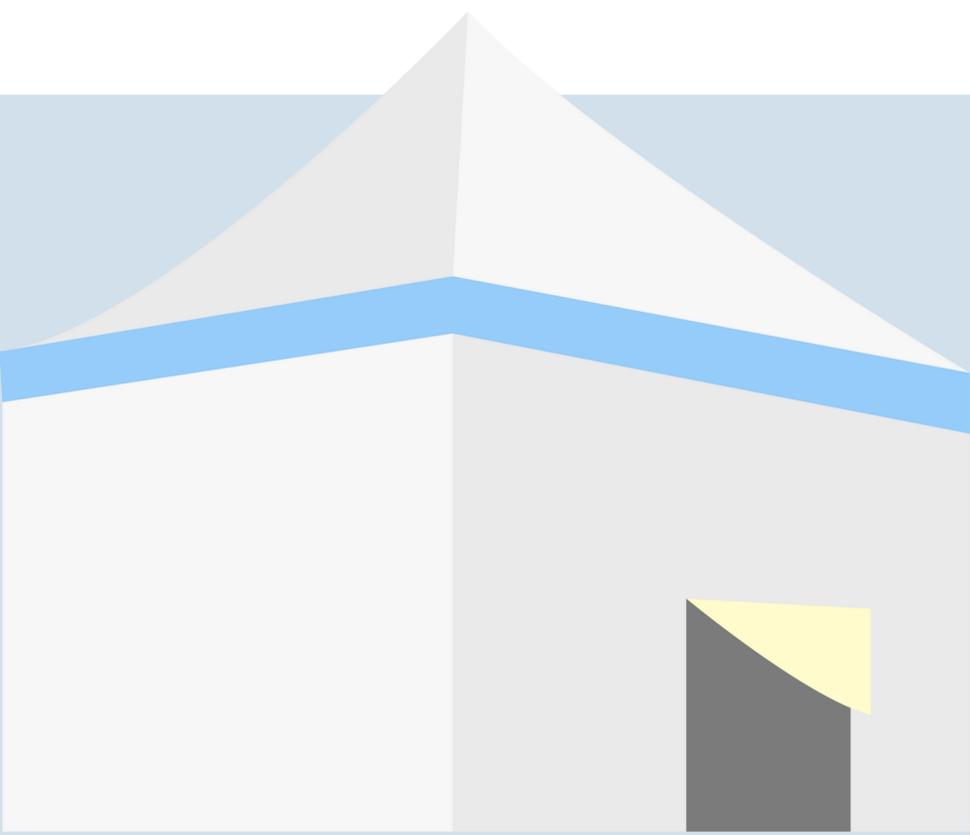
Use properly clean and sterilized tools



Disinfect tools before and after use



Choose a professional barber



# Hygiene practices during slaughter of sacrificial animals

Do not slaughter animals in public places or anywhere outside licensed butchers

Do not slaughter animals that show signs of disease

Ensure that animal waste is disposed properly to prevent the spread of disease

Ensure that slaughterhouse workers follow precautions while handling animals.

Conduct necessary veterinary examinations for livestock in order to reduce zoonotic diseases



**Stay Healthy**