



وزارة الصحة
Ministry of Health



HEALTH GUIDELINES FOR THE PILGRIM

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Pre-Hajj Preparations

Essential Vaccinations Required - Hajj 1444

Illness	To Whom?	When?
COVID-19	- All pilgrims - Workers in Hajj	Completing approved vaccinations (link).
Influenza	- Pilgrims from inside the country - Workers in Hajj	One dose at any time during the period between September 2022 and 10 days before Hajj.
Meningitis	- All pilgrims - Workers in Hajj	- Combined Vaccine: One dose at any time during the previous five years up to 10 days before Hajj. - Meningococcal Vaccine: One dose at any time during the previous three years up to 10 days before Hajj.
Polio	Pilgrims from certain countries (link)	Please refer to the health requirements for Hajj 1444 (link)
Yellow Fever	Pilgrims from certain countries (link)	Please refer to the health requirements for Hajj 1444 (link)

Recommended Vaccinations - Hajj 1444

Illness	To Whom?	When?
Influenza	- Foreign pilgrims - Residents of Hajj areas	One dose at any time during the period between September 2022 and 10 days before Hajj.
Meningitis	Residents of Hajj areas	- During the previous five years (Combined Vaccine) - During the previous three years (Meningococcal Vaccine)
Polio	Pilgrims from certain countries (link)	Please refer to the health requirements for Hajj 1444 (link)

Health Guidelines

Before Hajj

If you have a chronic illness, consult your doctor to ensure the stability of your health and your ability to perform Hajj. For diabetic patients, it is advisable to consult your doctor regarding adjusting medication doses during the Hajj period.



Ensure you have an adequate amount of medications, especially if the pilgrim suffers from any diseases that require taking medication on a regular basis, such as heart disease, high blood pressure, and diabetes.



Carry a detailed medical report that outlines your medical conditions, medications, and dosages. This will help in managing your condition if necessary.



How to increase your physical fitness before Hajj

Before Hajj

Engaging in aerobic exercises such as cycling and swimming.



Engaging in physical exercise for 20 to 60 minutes per day.



Gradually increasing the intensity of the effort



Ensuring a warm-up period of 5 to 10 minutes before starting physical activity, as well as a cool-down period of 10 to 5 minutes before finishing the activity.





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During Hajj

General Guidelines for Personal Hygiene:



Cover your mouth and nose with tissues when coughing or sneezing, and use your elbow if tissues are not available.



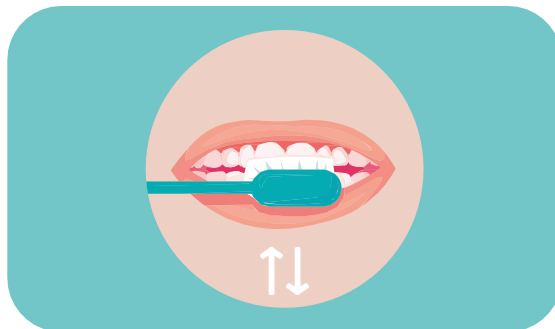
Ensure to **wear a mask** and avoid close contact with individuals showing respiratory symptoms.



Cleaning your living area daily



Wear **clean clothes** to avoid skin irritations.

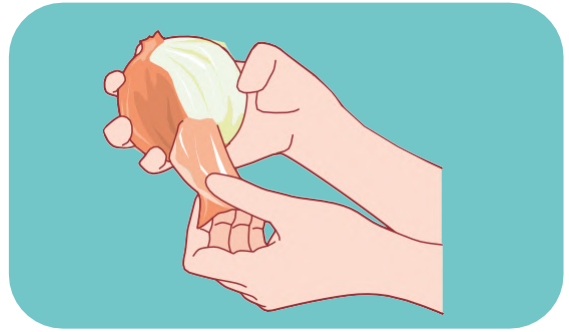


Maintaining **oral hygiene and dental care**

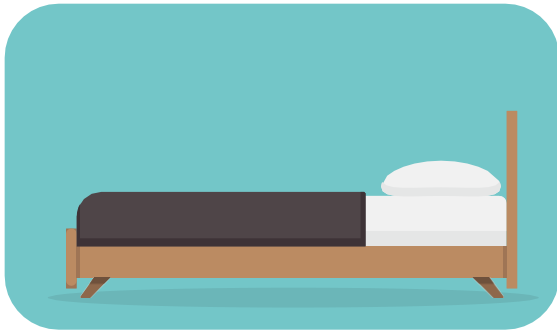
Handwashing



After coughing or sneezing



Before, during, and after food preparation.



Upon arrival at the place of residence



After using the toilet



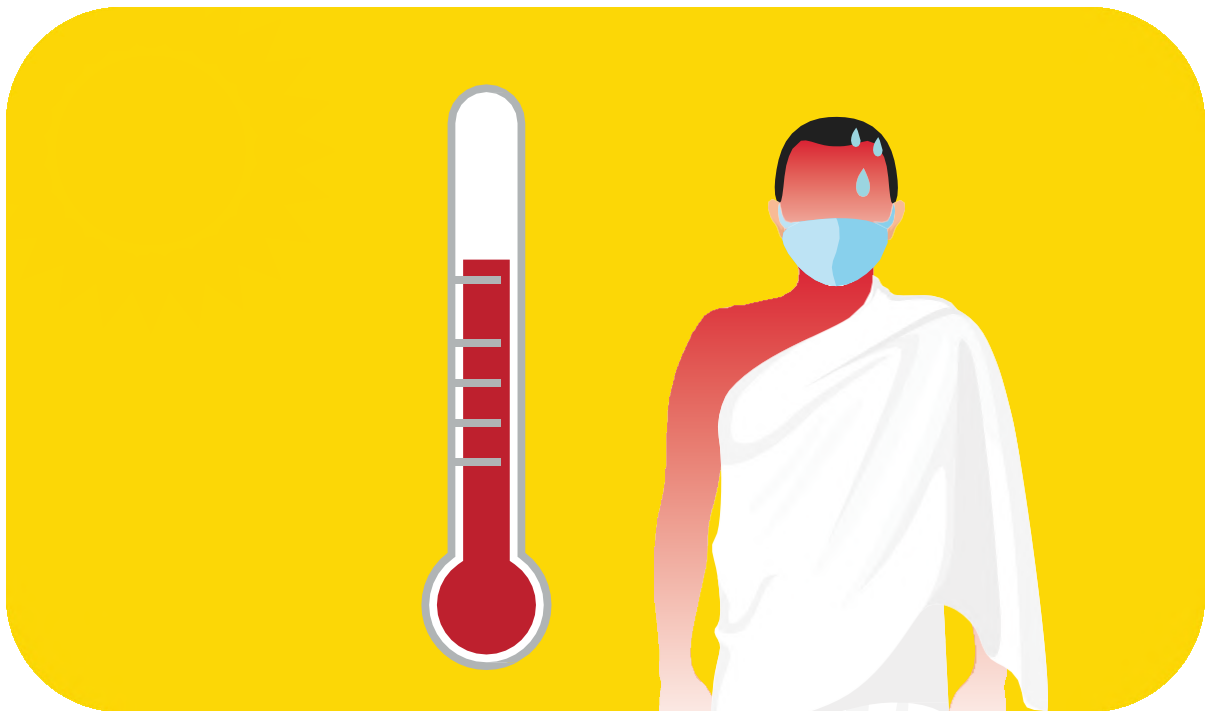
After touching garbage

Heat Injuries and Infection

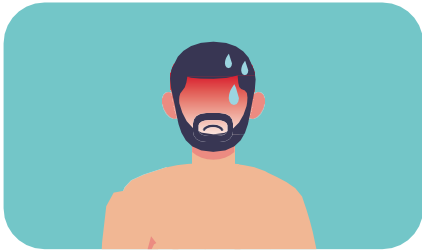
Heat Stroke

It is a life-threatening condition typically associated with an uncontrolled rise in core body temperature above 40 degrees Celsius and a disruption of central nervous system functions, such as delirium, seizures, or coma.

Its main causes are exposure to high temperatures and high humidity or significant physical stress.



Heatstroke is a medical emergency that should be treated as soon as possible by following these steps:



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



Transferring the affected person to a cool place



Give the affected person fluids to drink



Expose them to a source of air, such as air conditioning or a fan



Call for emergency medical services and proceed to the nearest healthcare facility

Heat Stress

It is a condition where the body loses fluids and electrolytes due to excessive sweating and inadequate intake of water and fluids.

To avoid heat stress, follow these guidelines:



Avoid hot and **crowded** areas



Avoid **direct exposure** to the sun



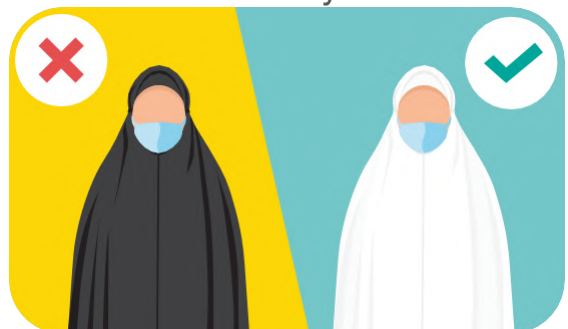
Take breaks and **rest**



Ensure adequate **fluid intake**, including water and juices that contain necessary electrolytes



Use **light-colored** umbrellas



Wear **light-colored** clothing (for women)

The areas where heat exhaustion incidents are more common include:

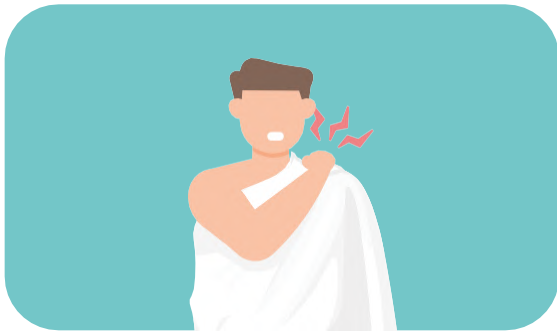
- **Tawaf**, especially during midday hours.
- **Al-Masaa**, especially when there is severe overcrowding and high temperature.
- **Arafat** during midday hours
- **Mina**, particularly at the locations of sacrificing animals and throwing pebbles at the pillars, due to the long distances and crowding during the ritual of stoning the pillars.



Muscle Stress

Muscle stress occurs due to poor physical fitness, excessive fatigue, and violent movement.

Methods to treat muscle stress:



Apply **pressure** to the affected area to alleviate pain



Use a **wheelchair** or mobility aid if you experience muscle stress



Take **pain relievers** as directed



Cool the affected area to relieve pain

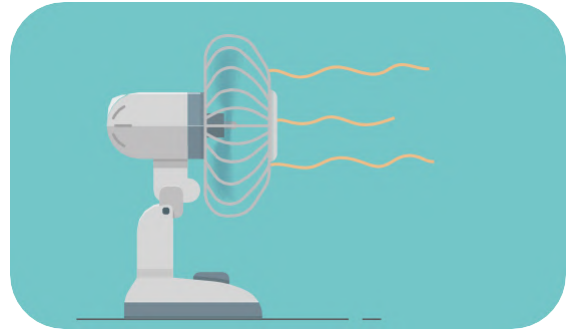
Skin Irritation

This problem is common during the Hajj season, especially among obese, overweight, or diabetic individuals. The skin becomes inflamed, causing redness in the folds of the thighs, sometimes in the armpit area and under the breasts.

Prevention of Skin Irritation:



Maintaining personal hygiene and using appropriate creams on the body before walking.



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



Keeping the area dry and wearing cotton clothing to prevent friction



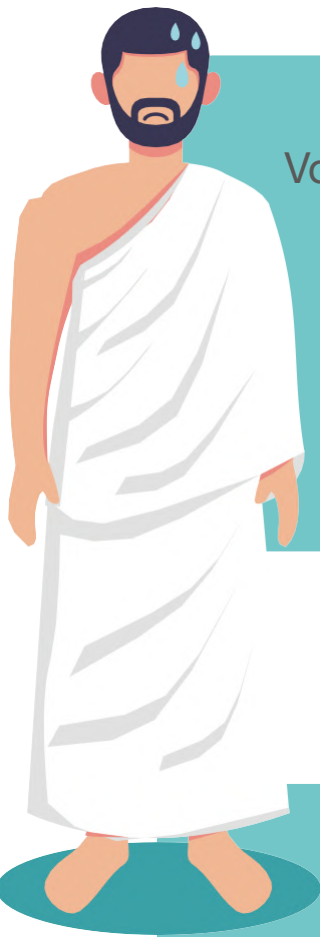
Applying baby powder after sweating

In case of infection, special creams for this problem can be used. The affected area should be washed with water and soap before applying the medication, repeatedly.

Dehydration

It occurs when the amount of water the body receives is less than the amount lost through vomiting, diarrhea, breathing, sweating, or urination.

Causes:



Vomiting



Diarrhea



Fever



Excessive urination
(As common in diabetic patients)



Excessive sweating



Symptoms

Feeling Tired



Nausea
and
Vomiting



Severe
Thirst



Dry mouth, lips,
and eyes



Rapid
heartbeat

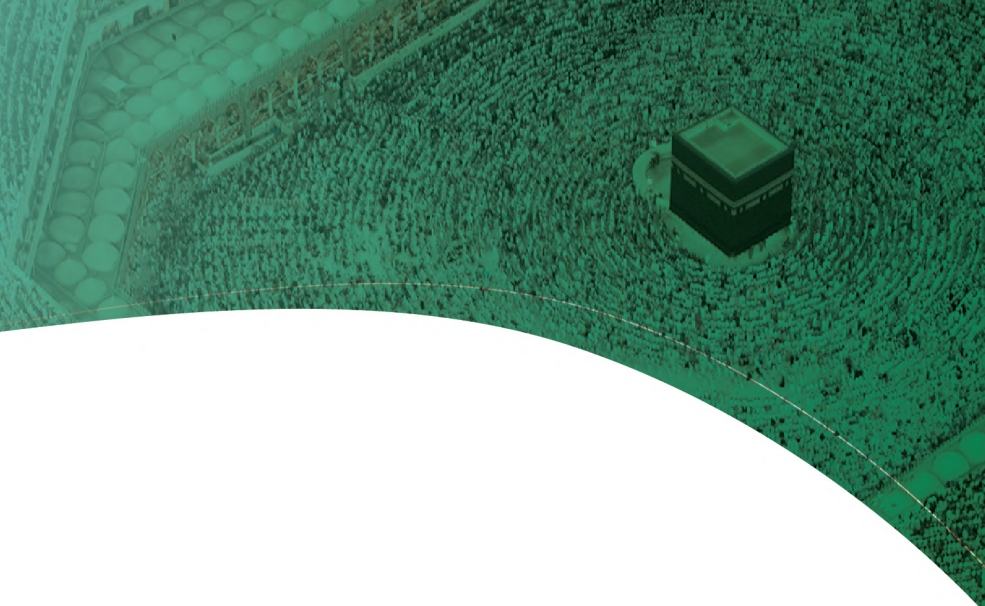


Dark yellow
urine



Not urinating for long periods





Preventing dehydration during Hajj

01 Drink plenty of water daily.

02 Consume water-rich foods such as fruits and vegetables

Treatment for dehydration depends on the severity of the condition:

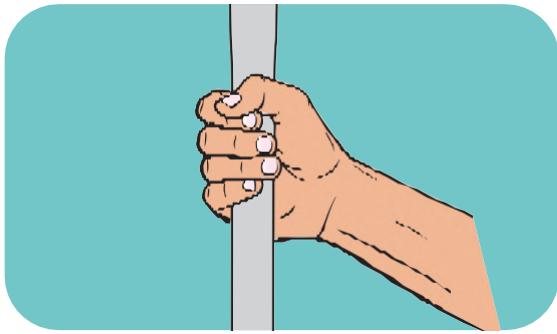
- It is recommended to visit a doctor at the onset of symptoms.
- Drink rehydration fluids or take them intravenously in severe cases.
- In cases of diarrhea caused by a bacterial infection, the doctor may prescribe antibiotics.
- The doctor may prescribe anti-nausea medication.
- In case of fever, the doctor may prescribe fever-reducing medication.



Falling:

Anyone can experience a fall, but older adults are more prone to falling, especially if they have a chronic health condition.

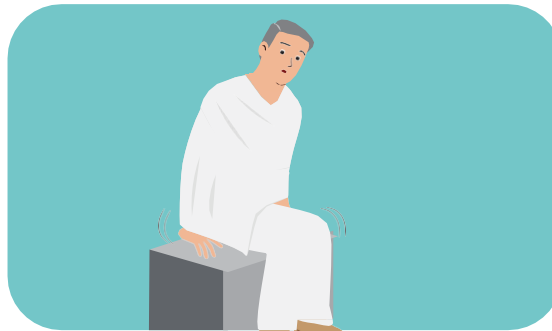
What should a pilgrim do if they fall?



Roll over onto your hands and knees and look for a stable piece of furniture, such as a chair.



If you experience a fall, it is important to remain calm. If you are not injured and feel strong enough to rise up, do not rush to rise up quickly.



Hold onto the furniture with both hands to support yourself, and when you feel ready, slowly rise up. Sit down and rest for a while before continuing your activity.

Preventing falling during Hajj:



- Wear appropriate and well-maintained shoes that support the ankle.
- Take care of your feet by regularly trimming your toenails and consulting a general practitioner or foot specialist for any foot problems.
- Avoid collisions when in crowded areas.
- Seek assistance for tasks that you cannot safely do alone.
- Avoid walking on slippery floors with socks only.

Pay attention: If you have balance disorders or visual and hearing impairments, it is necessary to use assistive medical devices such as a cane, wheelchair, prescription eyewear, and hearing aid to prevent falls and their complications.

Ankle Sprain

It is a tearing or stretching of the ligaments that surround and connect the leg to the foot, usually resulting from tripping while walking or running.

Symptoms



Symptoms can vary in severity depending on the extent of the injury, but generally include pain, redness, bruising, swelling, or loss of ankle movement.

Note:

If you suspect that you have sprained your ankle, follow these steps:

- Rest.
- Apply an ice pack wrapped in a towel to the ankle for about 15-20 minutes.
- Remove the ice pack if you feel numbness in the ankle.
- Compress the ankle.
- Elevate your feet above the level of your body and avoid putting weight on the ankle.
- Use over-the-counter pain relievers that do not contradict your health condition.
- If the pain and swelling persist, consult your doctor to rule out a fracture.

Health Guidelines to Prevent Respiratory Infections:



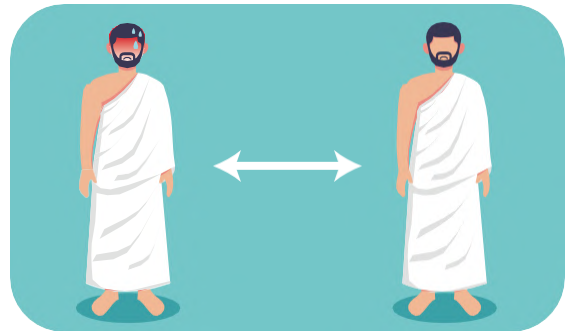
Use tissues when coughing or sneezing and dispose of them in a waste bin



Wash hands with soap and water, especially after coughing and sneezing, after using the toilet, before preparing and eating food, and after touching animals



Avoid drinking unpasteurized milk or consuming raw meat or animal products that have not been properly cooked



Avoid direct contact with people who show signs of illness and avoid sharing personal items with them

Dengue Fever and Zika Virus



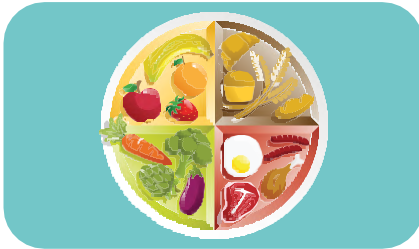
Individuals coming for Umrah, Hajj, seasonal work, or any other purpose in Hajj areas are advised to take necessary measures and precautions to avoid mosquito bites, such as using protective clothing (preferably light-colored) that covers as much of the body as possible and using insect repellent.



In the event of a public health emergency of international concern or outbreaks of diseases subject to the International Health Regulations, the Ministry of Health will take additional measures beyond what is mentioned above in coordination with the World Health Organization.

Gastrointestinal Disturbances:

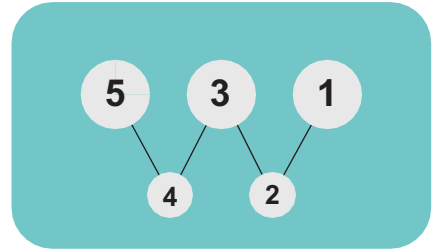
To avoid food poisoning during Hajj, follow these tips:



Eat healthy meals that are rich in protein, vegetables, and fruits and avoid overeating to facilitate movement during Hajj.



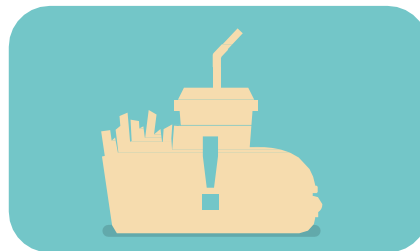
Drink enough fluids to avoid dehydration and heat exhaustion



Divide meals into three main meals and two light meals



Maintain a balance between drinking water and consuming juices that are rich in essential salts



Avoid eating new and unfamiliar foods to avoid food allergies

To prevent food poisoning:



Thoroughly wash fruits and vegetables before consuming them.



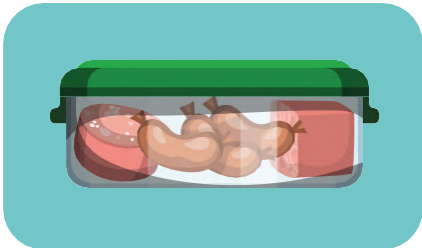
Store food in the refrigerator or prepare only what is needed for one meal.



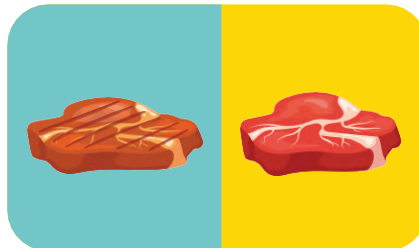
Clean utensils used for food preparation and consumption



Check the expiration dates of food and beverages



Avoid storing cooked food for extended periods while traveling.



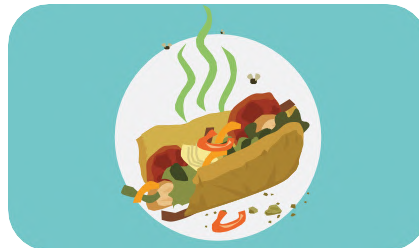
Keep raw foods separate from ready-to-eat foods.



Avoid consuming unpasteurized milk and dairy products, as well as undercooked meats.



Wash hands with soap and water before preparing food and before and after eating.

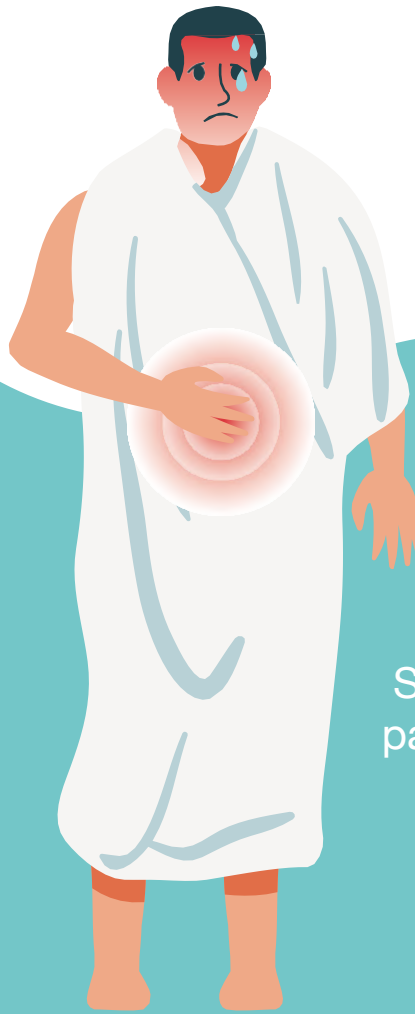


Dispose of food if there are any doubts about its safety, such as changes in taste, color, smell, or texture.



Do not leave food uncovered and exposed to contamination or insects.

First Aid:



Drink plenty of fluids to replace lost fluids and prevent dehydration.



Stop giving the patient any food



Transfer the injured person to the hospital



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Special Health Guidelines for some Patients during Hajj

Health Guidelines for Heart Patients:

Generally, a patient with a stable heart condition can perform the Hajj pilgrimage. However, it is recommended that they take the following precautions:



Ensure an adequate supply of medications and store them safely.



Consult a doctor before going for Hajj to evaluate the health condition.



Avoid excessive physical exertion and use a wheelchair during Tawaf (circumambulation) and Sa'i (walking between Safa and Marwa) if feeling fatigued.



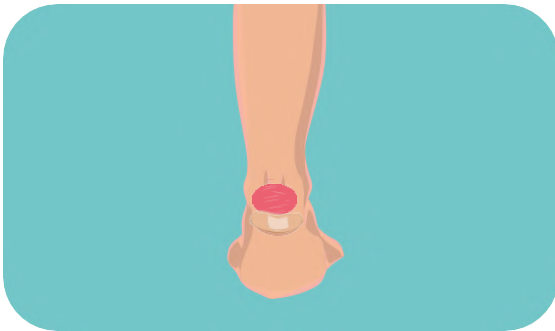
Carry a medical card or report that outlines the patient's condition and the medications they are taking.



If the patient experiences any chest pain or difficulty breathing, they should seek immediate medical attention at the nearest healthcare facility.

Health Guidelines for Diabetes Patients:

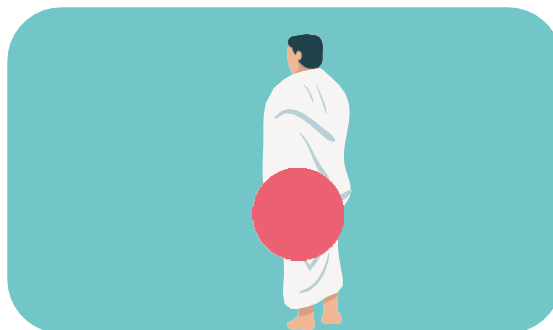
Diabetes patients can perform Hajj after undergoing a medical examination to determine their suitability for the pilgrimage. However, they should be careful about the following:



Developing wounds or ulcers on the feet or other parts of the body due to increased activity and crowds

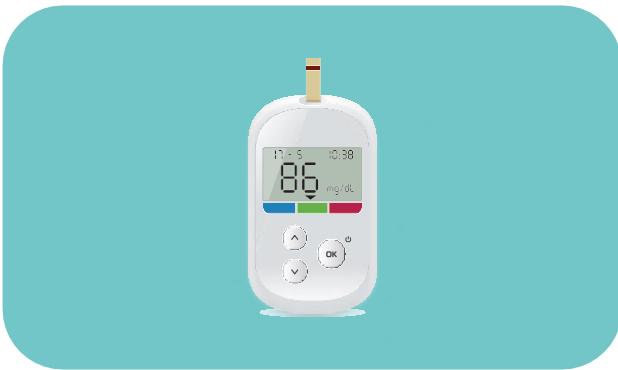


Low blood sugar levels, which may occur due to stress, exposure to heat, and changes in diet and eating patterns



Skin irritation, which is common in diabetes patients due to the crowds, excessive sweating, and blood sugar level fluctuations

Here are some tips for diabetic pilgrims to avoid these issues:



Carry a blood glucose monitoring device and regularly measure your blood sugar levels, especially when you feel any fluctuations in your sugar levels



Wear a wristband or carry an identification card stating that you have diabetes, along with information about the type of treatment you are receiving. This will facilitate necessary assistance if needed.



Make sure insulin is kept cool during transportation and storage by using a suitable cooling case (insulin travel pouch) or refrigerator at your place of accommodation



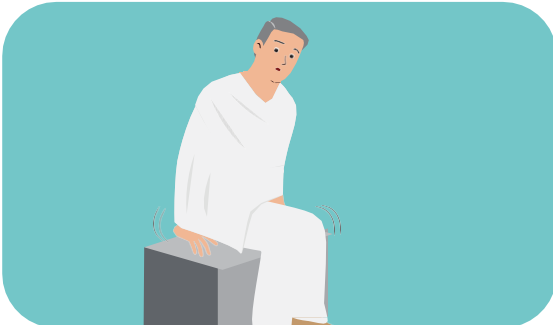
Ensure an adequate supply of diabetes medications and adhere to your prescribed diet according to the guidance of your healthcare provider.



The pilgrim should wear comfortable socks to protect their feet from any ulcers and avoid walking barefooted for women.



The pilgrim can carry some sweetened juices or sweets as a precaution to consume when feeling symptoms of low blood sugar.



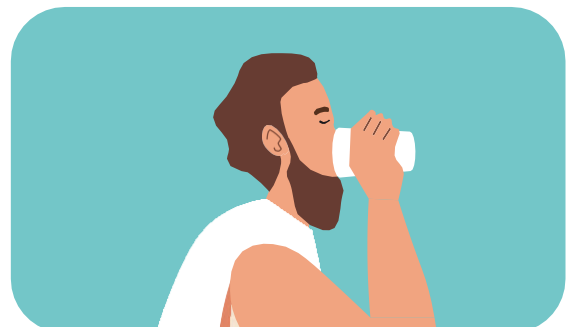
Temporarily stop performing the rituals if experiencing symptoms of low blood sugar.



It is recommended not to start the Tawaf or Sa'i (rituals) without taking the necessary medication and consuming sufficient food to prevent low blood sugar levels.



Use an electric shaver specifically designed for pilgrims



Drink an adequate amount of water regularly

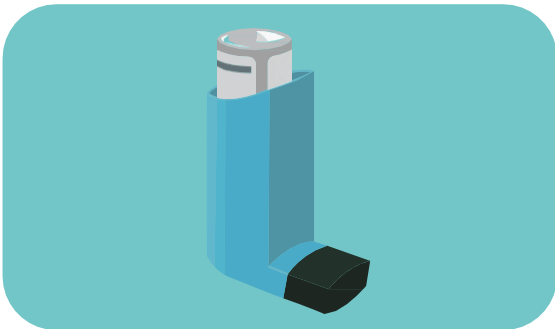
Health Guidelines for Asthma Patients:



It is advised for the patient to wear a wristband that indicates their name, age, asthma diagnosis, and the type of treatment they require.



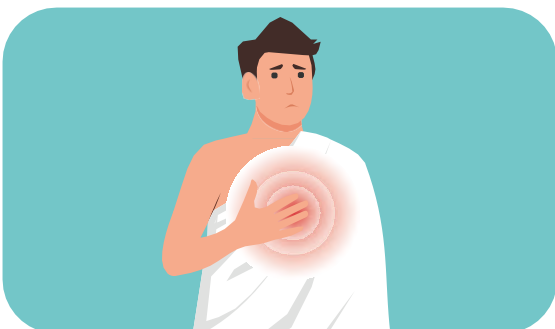
Asthma patients should visit their doctor to monitor their health status and review their treatment plan before going on Hajj.



Asthma patients should always carry their rescue inhaler with them during the rituals to use it when needed.



The crowded environment during Hajj can potentially trigger severe asthma attacks, so it is preferable to perform the rituals during less crowded times to avoid such episodes.



If the patient experiences any symptoms of an asthma attack, such as frequent coughing, wheezing, difficulty or tightness in breathing, chest tightness or pain, or disrupted sleep due to breathing difficulties, they should immediately seek the nearest healthcare facility for assistance.



Prior to engaging in any physical exertion, especially during Tawaf (circumambulation), Sa'i (ritual walking between Safa and Marwa), and stoning the Jamarat, it is recommended to use a bronchodilator after consulting with a doctor.

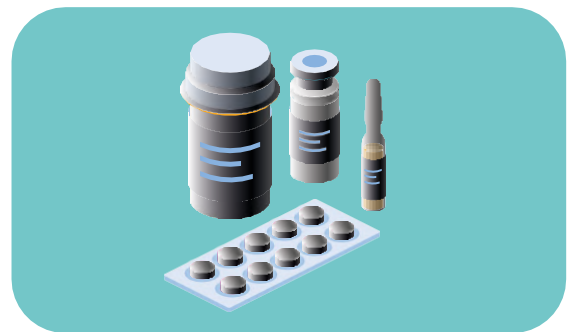
Health Guidelines for Allergy Patients:

An allergy patient may suffer from an excessive sensitivity to certain environmental substances such as smoke, dust, food, chemicals, and others. Allergies can affect any part of the body, including the skin, eyes, nose (known as allergic rhinitis), and even the chest (known as asthma). This may increase during the Hajj season due to crowds, dust, heat, and car exhaust fumes.

Here are some suggestions that may help alleviate these health problems



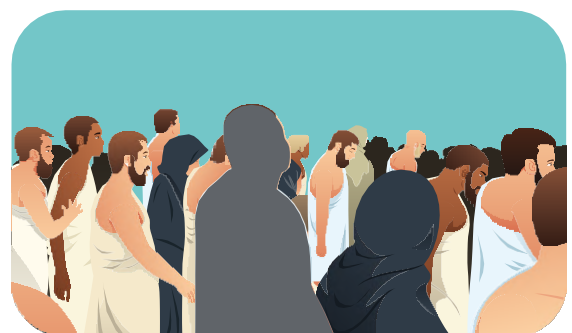
In cases where the allergy is caused by certain foods, the treatment in this case is to avoid eating that food.



If the allergy is related to the skin or allergic rhinitis, the patient pilgrim can take the appropriate antihistamines as directed by a doctor. In general, there is no risk to the pilgrim from allergies unless asthma exacerbation occurs.



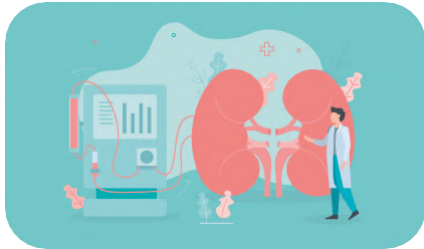
Some allergy medications may cause drowsiness, so it is important to be aware of this when driving.



Allergy patients are advised to avoid places, times, activities, and foods that trigger their allergies, such as avoiding direct exposure to sunlight and avoiding crowds.

Health Guidelines for Kidney Patients:

There are several kidney diseases, but we will focus generally on kidney failure that requires dialysis, kidney function impairment, and kidney stones:



Kidney failure patients should conduct regular dialysis during pilgrimage



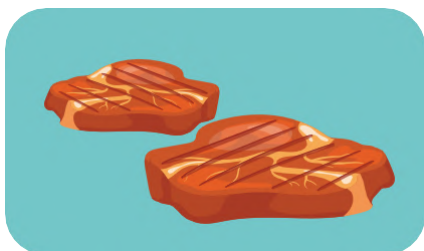
The patient should consult their doctor to ensure their ability to perform the Hajj and obtain appropriate health guidelines.



The patient should visit the nearest healthcare center or hospital if any bodily disorders occur, such as gastrointestinal infections or urinary tract infections.



The patient should carry their prescribed medications and store them in a suitable place for easy access.



Do not consume too much meat and protein to avoid affecting kidney function.



Avoid prolonged exposure to the scorching sun to prevent loss of fluids and salts from the body.

First Aid

First Aid for **Low Blood Sugar:**

If the result of a blood sugar test is low or if you experience symptoms of low blood sugar:



Test blood sugar again after 15 minutes. If the blood sugar result is within the normal range.



Raise blood sugar by drinking sweetened juice or taking two teaspoons of honey



If the blood sugar result is still low, repeat the process of raising blood sugar by drinking sweetened juice or taking two teaspoons of honey and test blood sugar again after 15 minutes.



Eat a meal containing carbohydrates to maintain blood sugar levels



If glucagon is not available and the patient does not regain consciousness within 15-20 minutes, transfer the patient to the hospital as soon as possible.

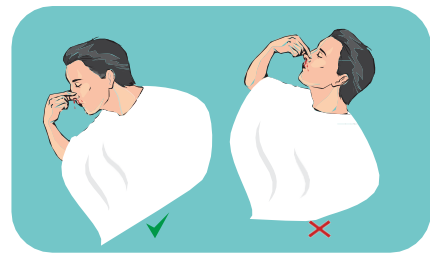


If the blood sugar result is still low and the patient is not responding and is at risk of losing consciousness, inject a dose of glucagon if available at the site of the low blood sugar episode.

First Aid for **Nosebleeds:**



Apply pressure to both sides of the nose, specifically the soft (cartilaginous) part, while avoiding applying pressure to only one side, even if the bleeding is only on one side.



Lean slightly forward while sitting or standing, avoiding lying down or tilting the head back as this may cause swallowing of blood and vomiting.



Cold compresses or an ice pack can be placed on the nose as it helps constrict blood vessels.



Apply pressure to the nose for at least five minutes for children and 10 to 15 minutes for adults.



Repeat the previous steps if the bleeding does not stop, continuing to apply pressure to the nose for at least 30 minutes. If the bleeding still does not stop, it is important to seek immediate medical attention.

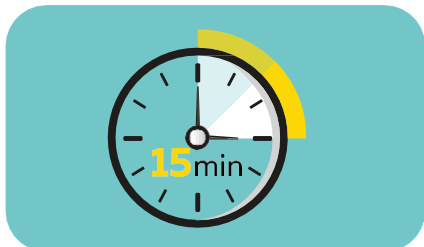
First Aid for Bruises:



Apply ice packs to the injured area



Rest and elevate the affected area to prevent swelling and alleviate pain.



Apply the ice pack to the affected area for no more than 15 minutes at a time and repeat throughout the day.



Wrap the ice pack in a towel



Take some pain relievers to alleviate the pain

Precautions during shaving include the following recommendations:



Remember that using your own shaving tools is the best way to protect yourself from infections during shaving



Use disposable razors and avoid sharing any kind of razor with others



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After Hajj



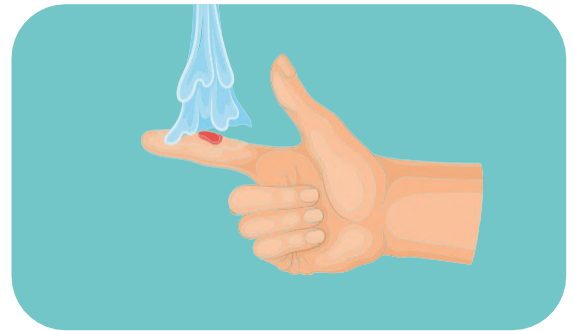
For your safety

it is important to prepare a first aid kit before the day of slaughtering in case of emergencies.

Minor Wounds



Change the bandage or adhesive daily



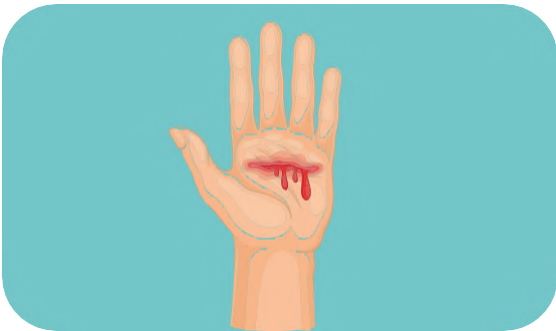
Wash hands to avoid infection



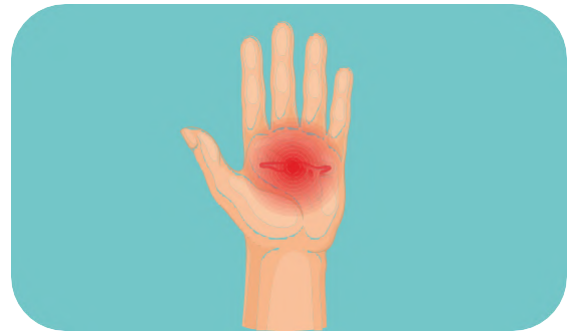
Apply a sterile dressing or clean cloth to the wound area and apply pressure to the wound.

You must

Go to the emergency room in the following cases:



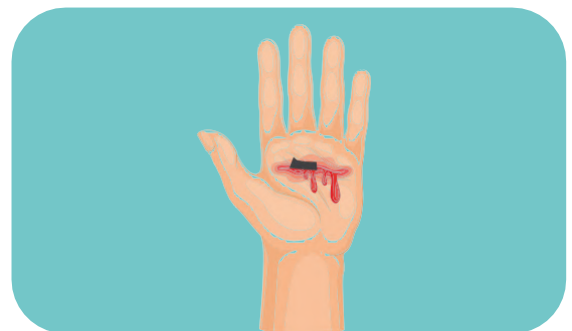
Continued bleeding from the wound



Redness, swelling, or increased pain around the wound



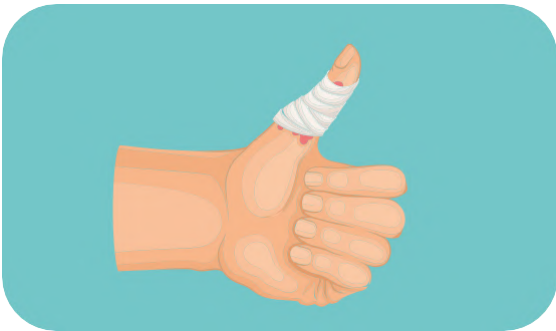
Presence of a pre-existing health condition such as diabetes or others



Presence of other foreign object embedded in the wound

Deep Wounds

Severe bleeding



Apply a sterile dressing or clean cloth to the wound and apply pressure firmly to the area until medical help arrives



Not to remove any impaled object or attempt to clean the wound until medical help arrives



Immediately transport the severed and injured part to the hospital.



In the case of amputation, place the severed part in a clean bag and then into a container of cold water and ice.

Important services to be aware of

For health inquiries, call 937

Calls are answered 24/7 in multiple languages:

Persian

Persian

Turkish

türkçe

French

Français

Indonesian

Anonim

Urdu

ودرا

Access your healthcare services through the Sehaty application

The unified application for healthcare services



Find out about the nearest health centers and hospitals around you





وزارة الصحة
Ministry of Health



سَعَى كَفِّهِمْ مَغْفُورًا
وَمُنْتَهَى كَفِّهِمْ وَكَانَ نَبِيًّا