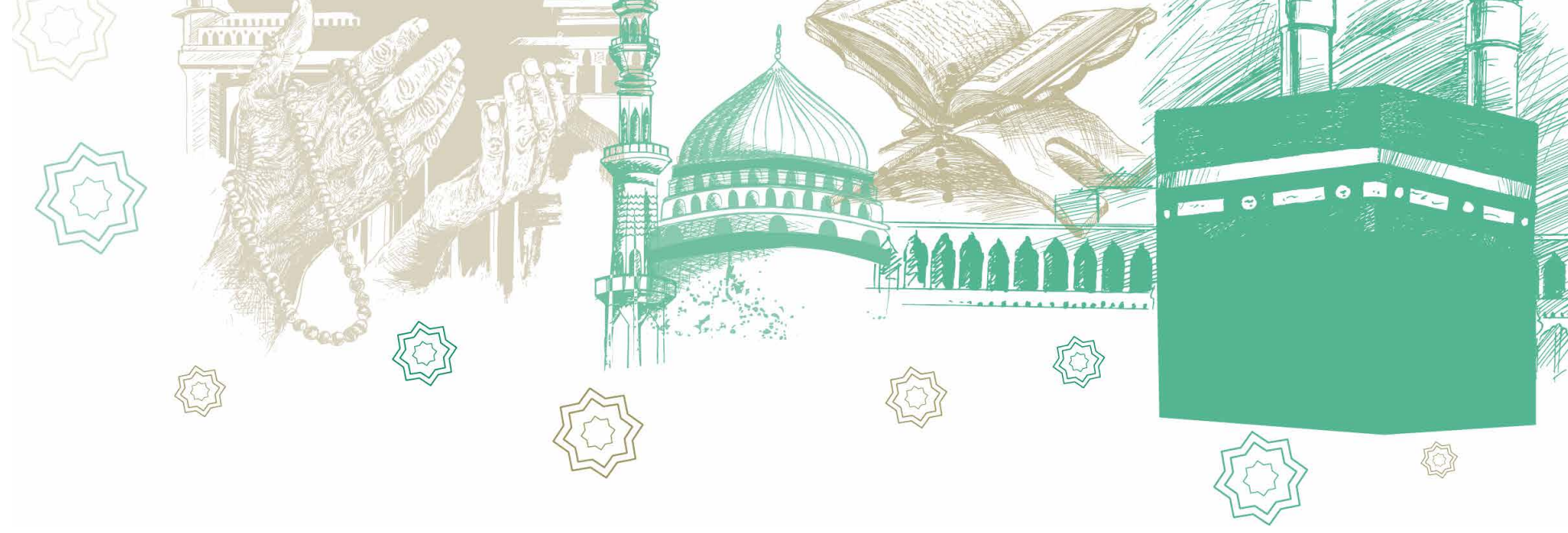





# Hajj FAQs



on

937  
call center



## What are the general health guidelines for pilgrims?

-  Wear loose cotton clothes.
-  Avoid going out when the sun is strongest.
-  Use a light-colored umbrella and sunscreen.





-  Don't share personal items.
-  Drink enough liquids to avoid dehydration.

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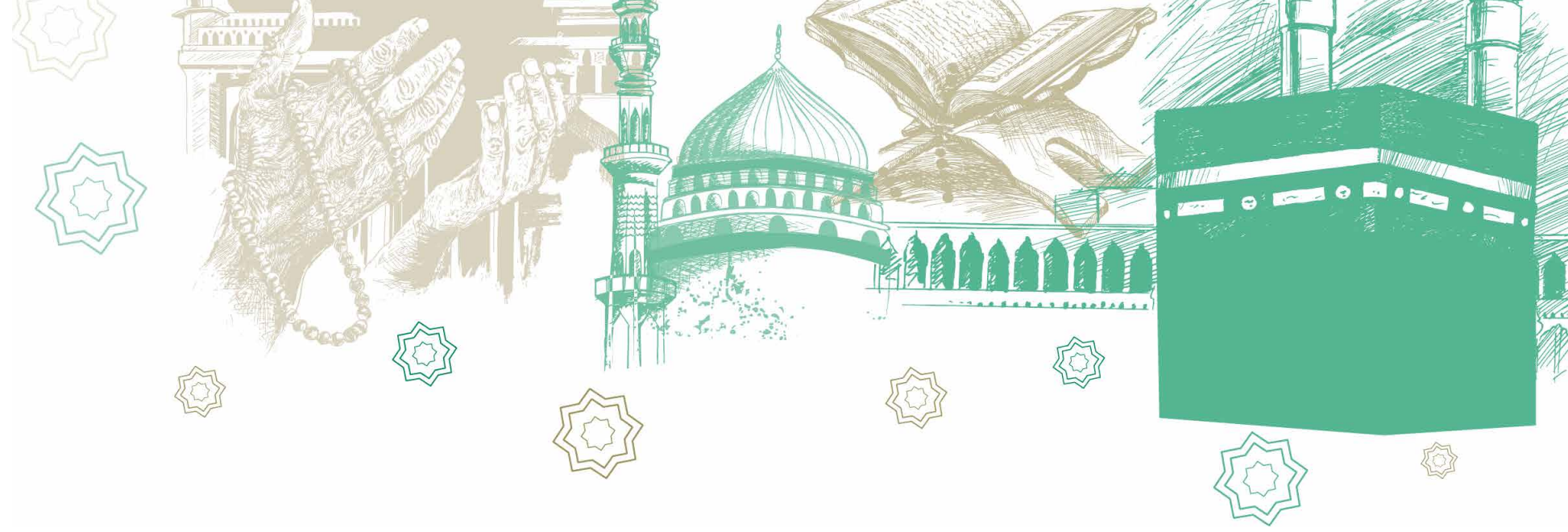




## How do I increase my stamina before Hajj?




-  Gradually increase your physical activity.
-  Eat healthy food.
-  Drink plenty of fluids.
-  Rest well.

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## How to Protect myself from Heat Exhaustion during Hajj?

### Avoid:

-  Direct sun exposure.
-  Going out when the sun is strongest .
-  Crowded places.

### Remember to:

-  Drink plenty of fluids.
-  Use a light-colored umbrella.
-  Stay in the shade and in cool places.
-  Rest well.

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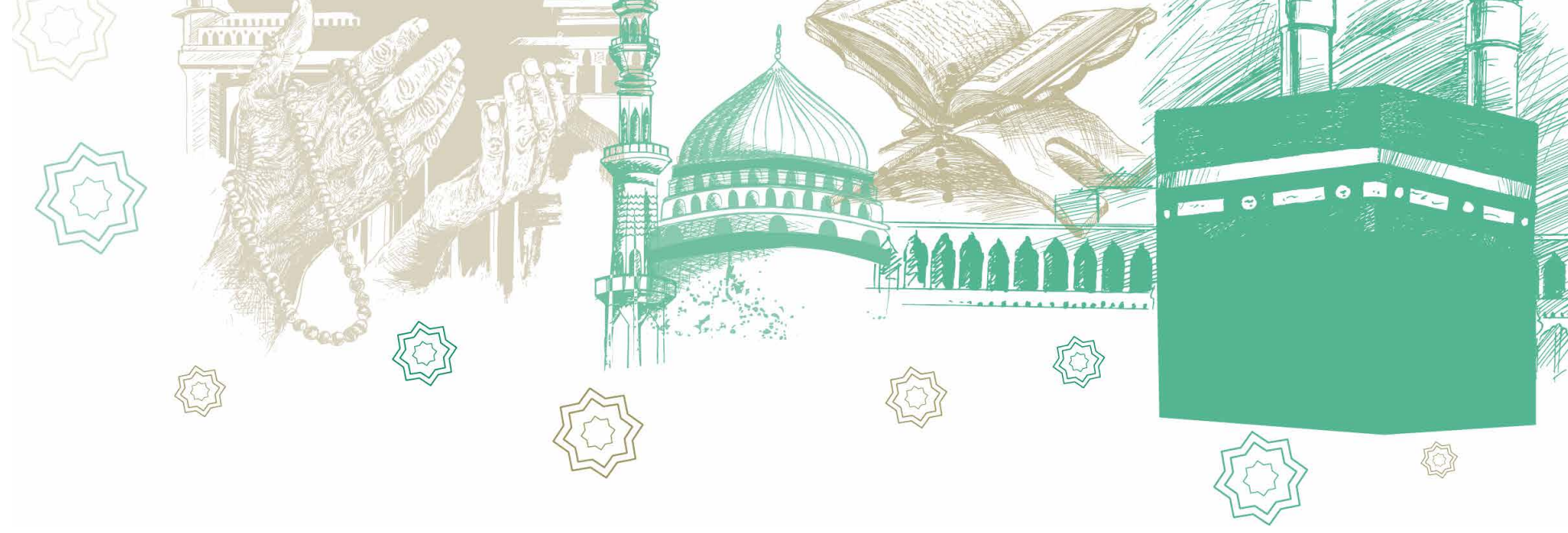
I'm from Saudi Arabia and planning to go to Hajj, what vaccines do I need to take?

 **Meningitis**       **Seasonal flu**

On average, your body takes around **7-21** days to respond to the vaccine

So, to get the most out of your vaccines take them well in advance of Hajj at least **10** days before the start of the rites.

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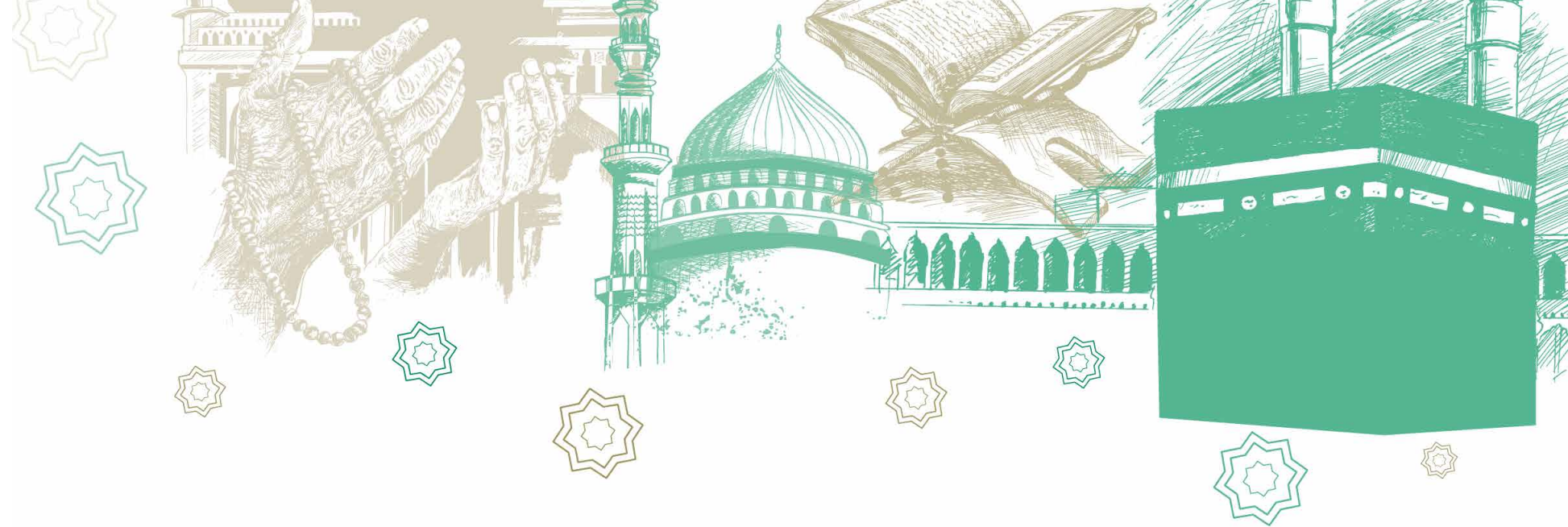
**How far apart should Hajj vaccines be given, if one is taken and the other is not available?**



You may take them both together, and in case one is not available, you can take the other when available.

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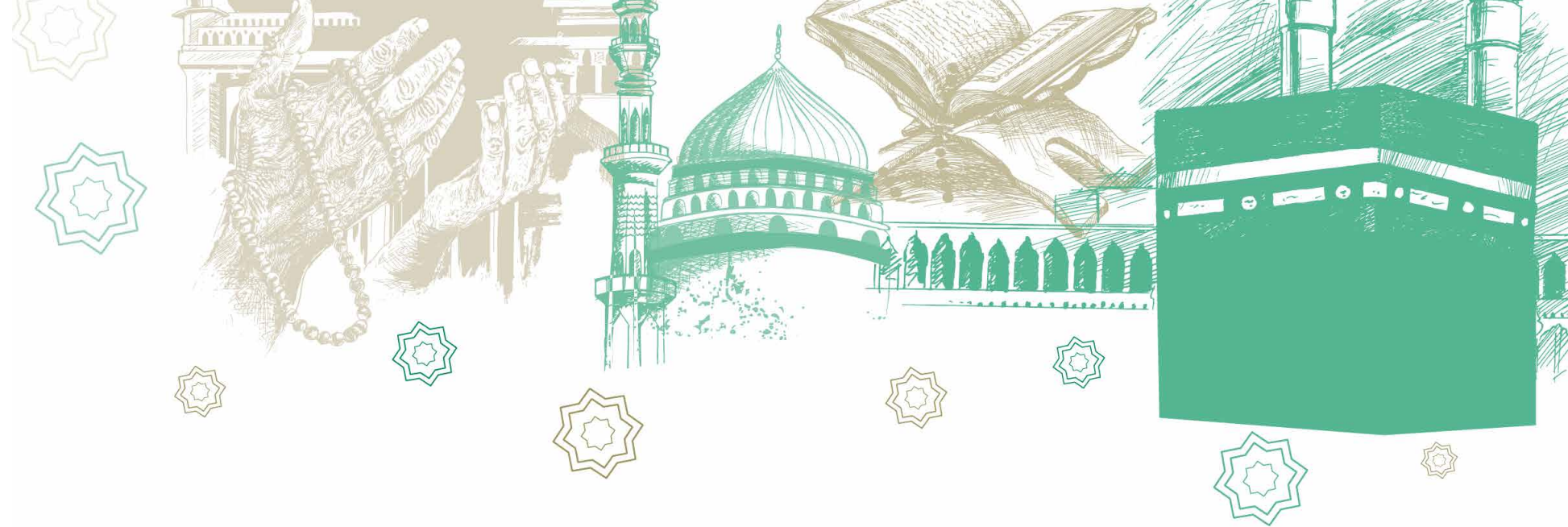


## How long does meningitis vaccine last?



The meningitis vaccine will protect you for almost five years.

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## What is the procedure in case of an allergy to the meningitis vaccine?



Severe allergic reactions to vaccines are rare, and in case of having any, consult your doctor for alternatives.

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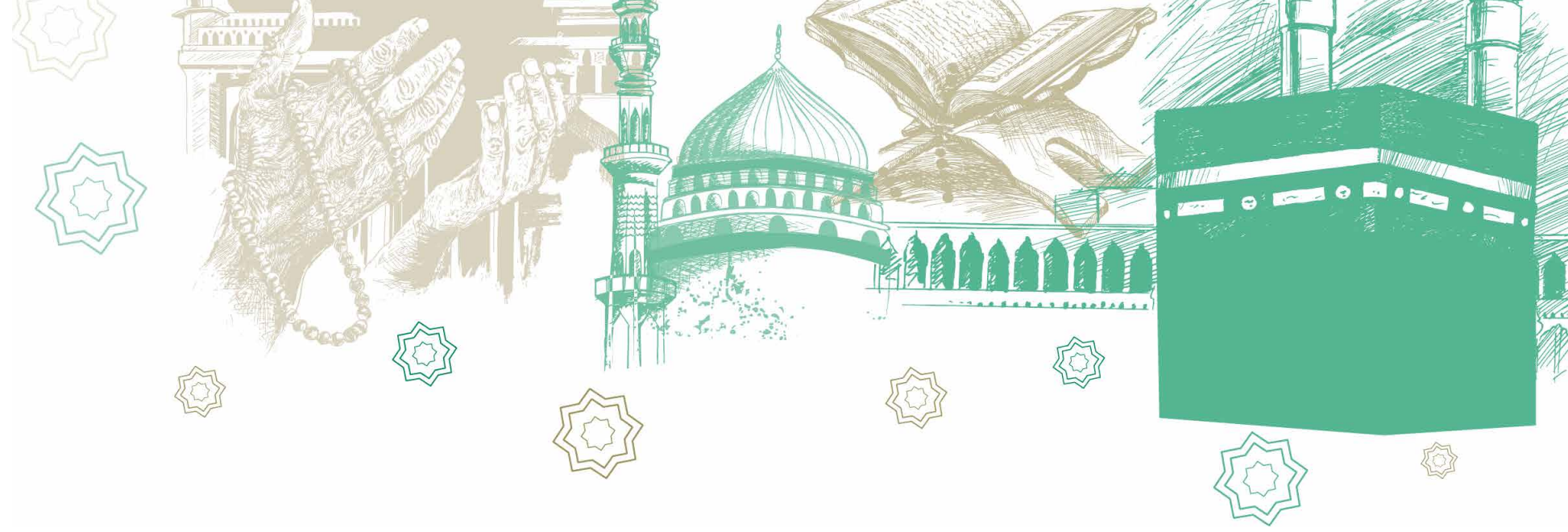


## What is the procedure in case of delay in taking Hajj vaccines?



If you didn't take your vaccines within enough time before Hajj, you still can benefit from taking them before the start of the rites.

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## How do I deal with vaccines' side effects?

After getting vaccinated,  
you may experience:



Fever

Flu like symptoms

So, you may take some pain  
killers when needed, drink  
plenty of fluids, and rest well

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## What are the health instructions for patients with hypertension and cardiovascular diseases during Hajj?



Consult your doctor



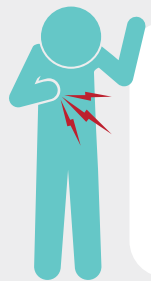
Take enough medications with you



Store your medication properly

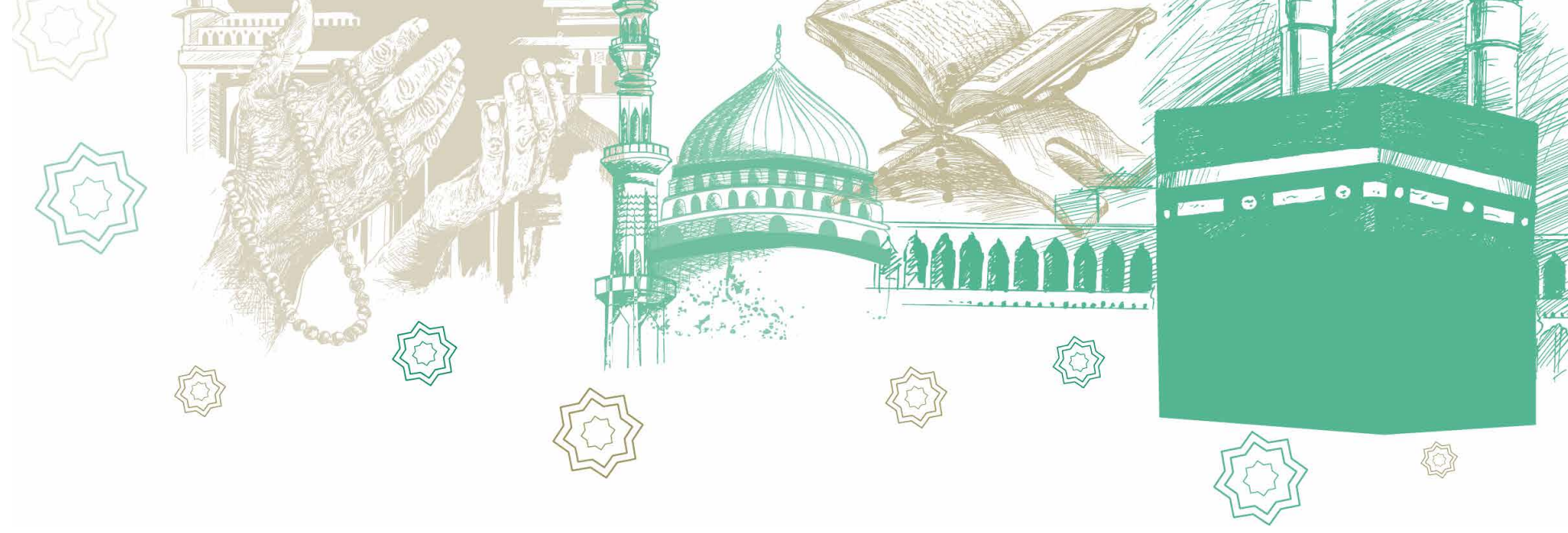


Take your medication on time





If you are at risk of having Myocardial Infraction, consult your doctor for taking Nitroglycerin tablets with you

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I am a diabetic patient and planning to go to Hajj, what should I keep in mind?




-  Visit your doctor for a checkup to ensure you are fit for Hajj
-  Make sure you got enough medications with you during Hajj period

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## What are the health instructions for diabetic patients during Hajj?

-  Wear a bracelet or a card that states you have diabetes, and your type of medication.
-  Take your glucometer with you.
-  Pack enough medications and store them properly.

-  Avoid feet injuries.
-  Eat your meals regularly.
-  Don't share your personal items.
-  Be aware of early signs of complications and treat them directly.

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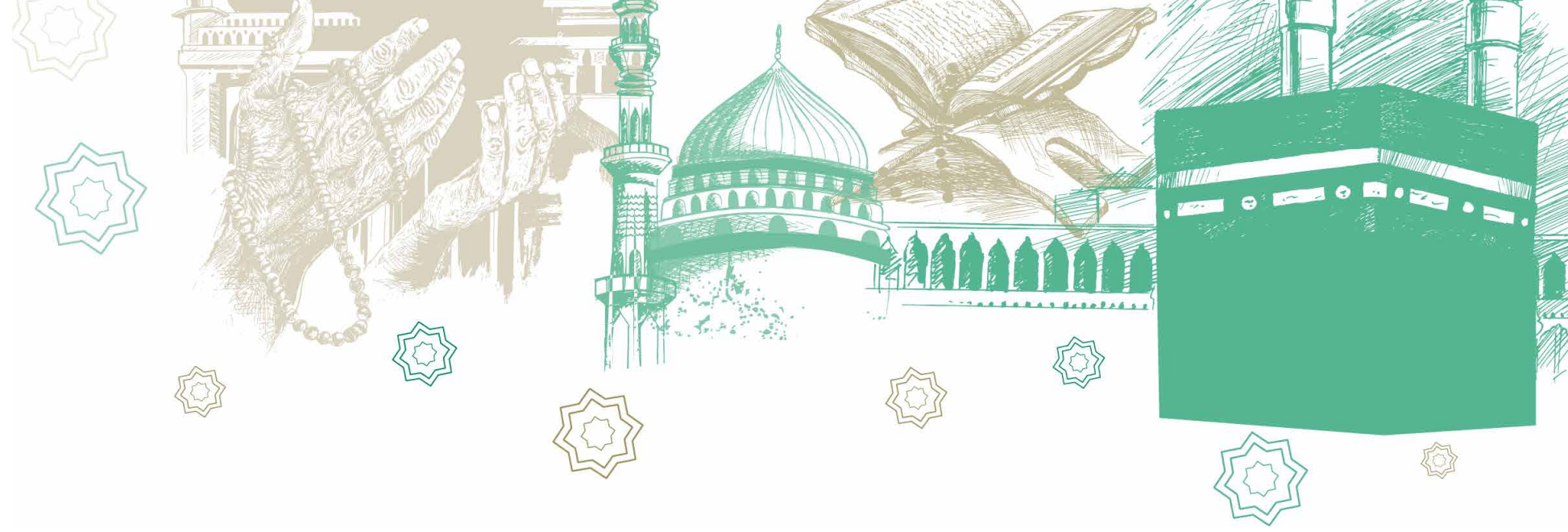
## I'm pregnant, can I go to Hajj?



**Yes,** you can go to Hajj after checking with your doctor on your health condition and your fetus, then getting essential vaccines (Meningitis, and seasonal flue) at least **10** days in advance.

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## I have gestational diabetes; can I go to Hajj?

It's not recommended to go to Hajj especially if you have:



History of premature birth or miscarriage










Heart diseases, hypertension, or kidneys problems

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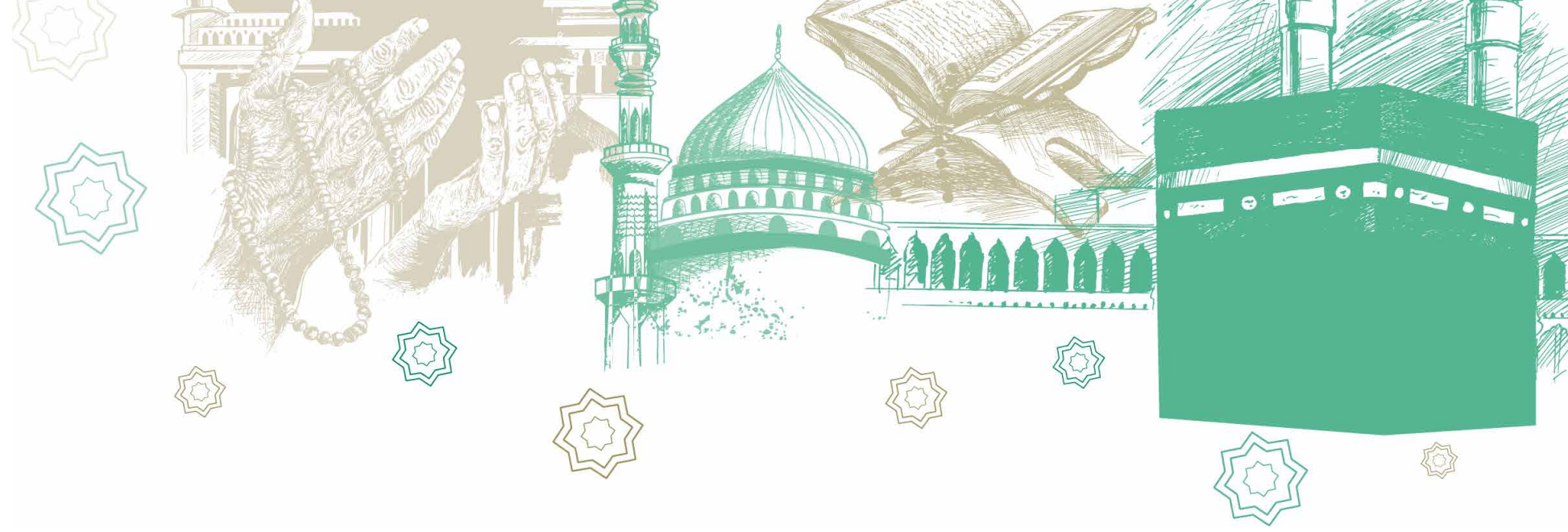


## What are the health advices for pregnant women during Hajj?







-  Check with your doctor first
-  Get your essential vaccines at least 10 days in advance
-  Wear comfy clothes and shoes
-  Drink plenty of liquid
-  Avoid crowds
-  If you're taking any medications, pack enough of them
-  Avoid sitting for along time to prevent deep vein thrombosis (DVT)

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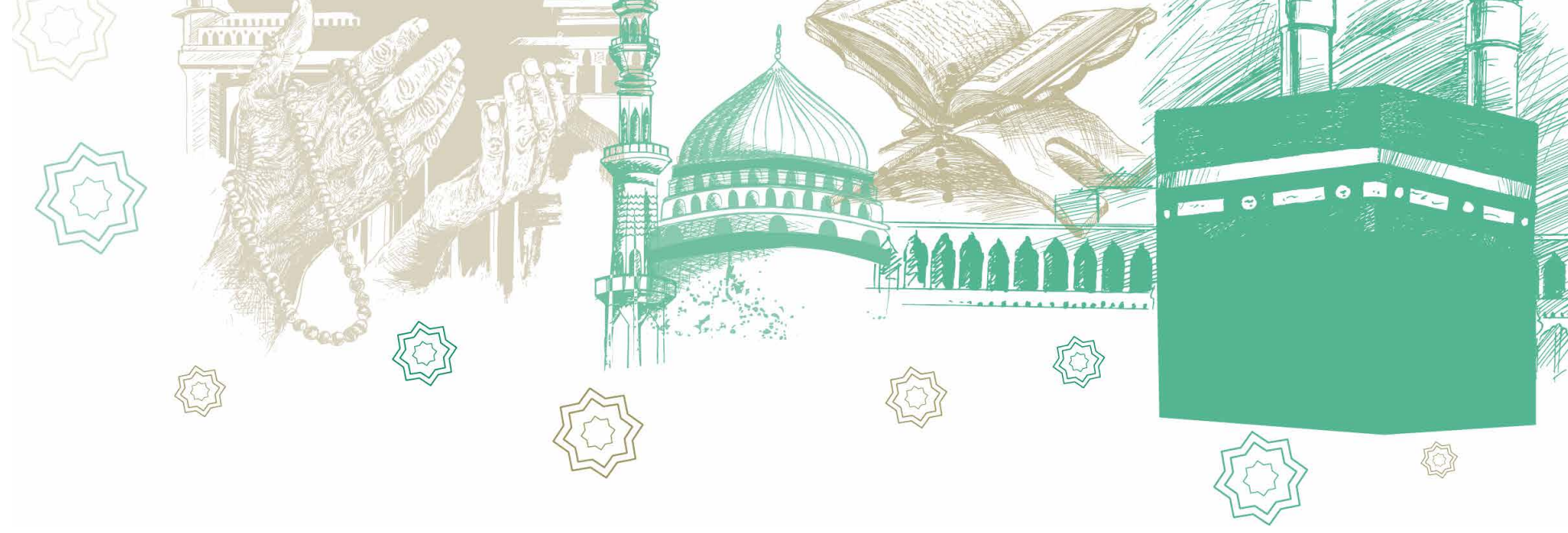




## How to deal with health symptoms after Hajj?

-  Rest well
-  Drink plenty of fluids
-  Take pain killers when needed
-  Wash your hands thoroughly
-  Cover your mouth and when sneezing
-  Seek medical help when needed

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