

Hajj and Umra

Environmental hazards (cold, heat and sun)

During the winter months, the weather can be very cold overnight. If staying in basic accommodation, pilgrims should ensure they take appropriate bedding with them such as blankets and sleeping bags.

Avoid sunburn, dehydration, heat exhaustion, and heat stroke by drinking plenty of clean water, applying sun protection factor (SPF) of 30 or above with 4 or 5 star UVA protection rating and using an umbrella to provide shade from the sun.

Food and water advice

All pilgrims are advised to take personal, food and water hygiene precautions.

Physical fitness

Performing the rituals of Hajj is demanding and involves walking great distances, usually in hot weather. Pilgrims should ensure that they are physically fit before travelling.

For further information, please contact:

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Hajj and Umra

Introduction

- Hajj, the annual pilgrimage to Makkah (Mecca), in the KSA occurs between the 8th and 12th day of the twelfth month of the Islamic calendar and is one of the largest mass gatherings in the world.
- Umra is a shorter, non-compulsory pilgrimage for Muslims. It is performed as part of the Hajj ritual, but can also be undertaken at any time.
- Each year, in early summer, the Ministry of Health (MoH) of the Kingdom of Saudi Arabia (KSA) issues the requirements and recommendations for entry visas for the coming Hajj and Umra season. For the latest information, please visit the website:
<http://www.moh.gov.sa/en/Hajj/Pages/default>.

Pre-travel preparation

Pilgrims should seek advice about the health requirements and risks either before or after Hajj or Umra.

Pilgrims should ensure that they are up to date with all routine immunizations
Pilgrims with pre-existing medical conditions should discuss the suitability of travel with their doctor.

It is important for pilgrims taking medication to ensure they have a sufficient supply to cover their time abroad. They should carry extra medication in case of delays and carry a prescription.

Women who anticipate their period occurring during

the Hajj may wish to delay menstruation. This is possible using hormonal treatment.

Pilgrims should also pack a first aid kit to help them manage common issues such as cuts and grazes, headache and travelers' diarrhea.

Required vaccinations

- All adults and children over two years of age should be given a single dose of the meningococcal ACWY vaccine with a valid certificate.
- Proof of vaccination against polio, within the previous 12 months is a requirement for pilgrims and seasonal workers arriving from countries infected with poliovirus [Afghanistan, Nigeria and Pakistan] or countries, which remain vulnerable to polio.

For an updated country list, check <http://www.moh.gov.sa/en/Hajj/Pages/default>.

- All pilgrims arriving from countries or areas at risk of transmission of yellow fever (YF) must present a valid International Certificate of Vaccination.
- For other recommended vaccines, please check with your travel clinic

Other health considerations

Accidents and injuries

Minor injuries are relatively common, particularly to the feet.