








For a safe Hajj journey, please follow these tips:

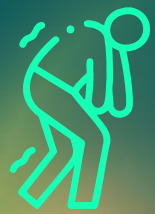
-  Keep your hands clean, wash and sanitize them often to stay protected.
-  Need medical help? Use the "Sehhaty" app   to find the nearest health center.
-  Save important numbers like 911 and the Health Call Center number 937.
-  Prioritize your well-being: rest and sleep only in designated safe areas.
-  Wear a face mask in crowded places.



Warning Signs of Heat Exhaustion - Don't Ignore Them Watch out for these symptoms:



Heavy sweating



Fatigue or weakness



Cool, pale skin



Dizziness or fainting



Nausea or vomiting



Headache

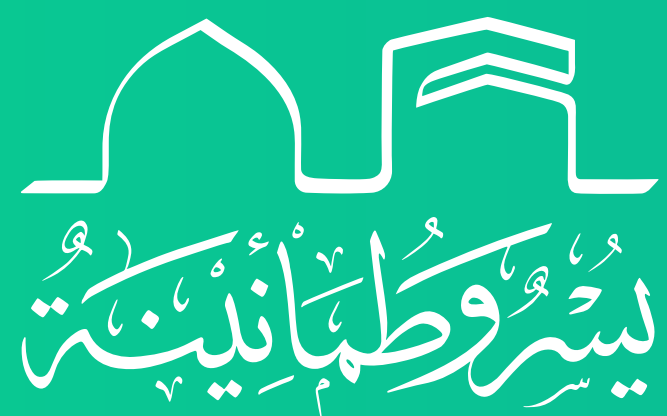


Muscle spasm



Weak pulse

If symptoms worsen or last more than an hour, seek medical help immediately.



For better health and a safe hajj, Discover Health Center (937) Services:

- ☎ Call support in 7 languages 24/7
- ☎ Medical consultations from qualified professionals
- ☎ Reporting and handling urgent health incidents
- ☎ Receiving inquiries and complaints
- ☎ Assisting in locating hospitalized or missing people in healthcare facilities



Protect yourself from heat exhaustion, follow these simple tips:



Use an umbrella or stay in the shade during peak sun hours, typically between 10 am and 5 pm.



Maintain adequate hydration by drinking fluids regularly.



Make sure to get enough rest and sleep.



Dear Pilgrims,



your safety comes first - keep emergency numbers at hands:



937 Health Center for urgent medical consultations.



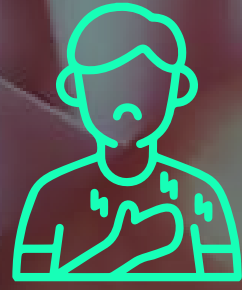
911 Security Operations Center for reporting emergencies.



You can also locate the nearest health center using the "Sehhaty" app.



If you have a heart condition, seek immediate medical help at the nearest health center if you experience any of the following:



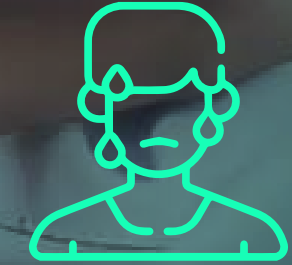
Chest pain.



Shortness of breath.



Dizziness or loss of balance.



Excessive sweating.



Pain in the chest to the left arm or other areas such as the jaw, neck, or stomach.

To locate the nearest health center use the "Sehhaty" app



To perform your Hajj rituals safely and maintain good health, remember to:



Cover your mouth with a tissue or your elbow when coughing or sneezing.



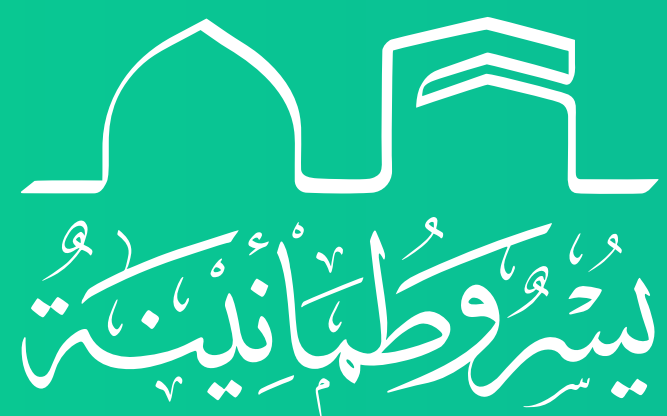
Dispose of used tissues properly in designated waste bins.



Carry a pocket-sized hand sanitizer for frequent use.



Wear a face mask in crowded areas and seek medical care if you develop symptoms such as fever or coughing.



Hajj tips for pilgrims with Diabetes:



Wear a medical ID bracelet and carry a card that lists your health condition and medications.



Keep your insulin properly stored in a cooling bag while on the move.



Follow a healthy and balanced diet.



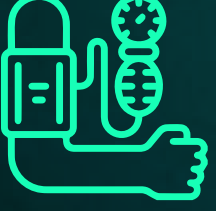





Drink adequate amount of water.

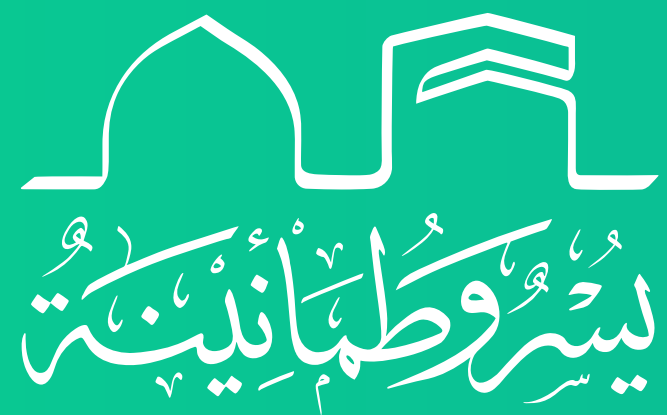


Give your body the rest it needs.



Hajj Wellness Tips for Pilgrims with High Blood Pressure:

-  Monitor your blood pressure regularly to stay in control.
-  Take your prescribed medication consistently throughout the hajj journey.
-  Follow a low-salt diet to help manage your blood pressure.
-  Avoid stress, anxiety, and emotional strain.
-  Stay well-hydrated by drinking plenty of water.
-  Get adequate rest.



Prepare for Hajj, Boost your Physical Fitness in Advance

Improve your physical readiness for Hajj by following these tips:



Engage in at least 150 minutes of moderate physical activity per week.



If you are currently inactive, begin with daily brisk walking for 30 minutes a day.



If you have chronic medical condition, consult your doctor to determine the most appropriate and safe form of exercise for your situation.



Good nutrition is essential before and during Hajj to help prevent illness and maintain your energy. Follow these tips for a healthy Hajj:



Eat your meals regularly.



Choose well-balanced meals that include vegetables, fruits, whole grains, and sources of protein.



Limit sugary drinks and avoid foods high in fats and sugars.



Stay away from salty food such as fast food, canned products, and instant noodles.



To all food and beverage providers, follow these essential practices to protect public health:



Wash your hands properly with soap and water for at least 40 seconds or use hand sanitizer for 20 seconds.



Use disposable tissues and towels.



Keep all cooking tools and utensils clean and properly sanitized.



Avoid placing cooked meat on the same plate used for raw meat.



For your safety:

Prepare a first aid kit ahead of Eid Day to be ready for any emergencies.



To maintain hygiene and prevent infection during Hajj, please follow these essential shaving guides:



Choose a licensed and authorized barber



Avoid street or unlicensed barbers.



Ensure the barber wears a face mask.



Insist on single-use and disposable tools such as razors, combs, and towels.



If you experience a bruise during your pilgrimage, follow these simple first aid steps to reduce discomfort:



Get some rest and elevate the injured area to reduce swelling.



Apply a cold compress or ice pack for up to 15 minutes to ease pain.



Use pain relievers if needed.



For medical advice or urgent consultation, call the Health Center at 937





If you begin to experience dizziness, fatigue, muscle cramps, or excessive sweating, follow these steps immediately to prevent heatstroke:



Move to cooler, shaded area.



Loosen or remove excess clothing.



Spry your body with cool water.



Drink cold water.



Apply cold compresses to the neck or underarms.



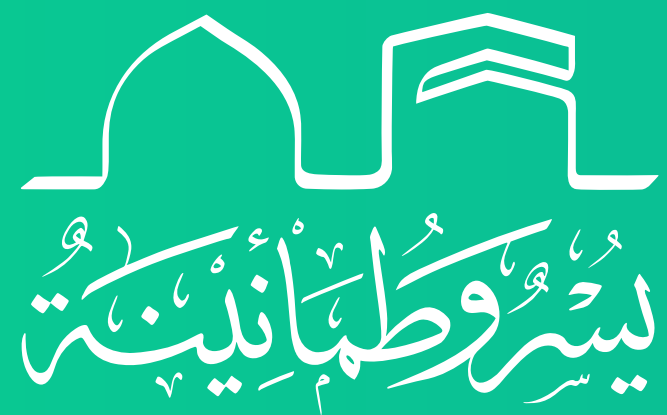
To stay safe under the sun and avoid heat-related illness, please follow these important tips:

 Stay well-hydrated by drinking plenty of fluids

 Take a rest whenever you feel tired.

 Use light-colored umbrellas.

 Avoid being outdoors during peak sunlight hours whenever possible.





Hajj is a New Beginning..
**Use this Opportunity to
Quit Smoking**

