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Healthy Hajj Travel Guide

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The spiritual benefits of Hajj are manifold. primary among them being the fulfilment of one's covenant with God. God's mercy, the noble Prophet Mohammed has taught, while everywhere is particularly concentrated in certain times, places and people. The hajj, in the holy city of Mecca, where people from different lands are gathered together to worship God, represents the coming together of all of these causes of God's special mercy and having the opportunity to partake in this privileged assembly is thus a blessing of the highest order. Those who successfully complete the Hajj emerge purified or, in the words of the noble Prophet '...just like the one whose mother just gave him birth'

The estimated 2.5million people that descend on Mecca during the Hajj period, while certainly welcomed by the Saudi authorities, do pose a considerable logistical challenge. Ranking high among these is facilitating the safe and efficient movement of pilgrims - including provision of food, water, sanitation and healthcare facilities - through the various Hajj rites that take place in Mecca and its neighbouring deserts.

This booklet will help to minimise your stress and health risk in Saudi Arabia and it will improve your Hajj rituals. It explains how to plan your travel in advance, vaccination requirements, how to protect and manage common ailments such as fever, skin rashes and insect' bites, infections and diarrhoeas, etc.

What to do in an emergency.

Wishing you a happy Hajj.

Dr. S. M. Qureshi MBE

In the name of ALLAH, most gracious, most merciful

And proclaim the Pilgrimage among men. They will come to thee on foot and mounted on every kind of camel, lean on account of journeys through deep and distant mountain highways. That they may witness the benefits (provided) for them, and celebrate the name of God, through the days appointed, over the cattle which he has provided for them (for sacrifice), then eat ye.

There of and feed the distressed
Ones in want.

“Then let them complete
The rites prescribed
For them, perform their vows,
And (again) circumambulate
The Ancient House.”
Surah Al Hajj 22: 26-29

History of Hajj

The Hajj is a Pilgrimage to Makka, one of the five pillars of Islam, which should be undertaken by every Muslim at least once in a life time unless prevented by ill-health or financial difficulties.

The Hajj must be performed in accordance with Islamic Shariah which require maximum tranquility and submission to Allah and compassion to their Muslim brother and sisters.

A successful Hajj requires patience, forbearance, adherence to Islamic moral values and exercise compassion and gentleness with one another. There is always a serious overcrowding during tuwaf of Kaaba, Sa'ee between Safa and Murwa, at the entrance of the Holy Mosque, back journey to Arafat and stoning at Jamarat.

Over two million people gather around posing great health and safety risks, particularly the elderly and weak. One can easily be lost, fall and become ill. The performance of Hajj is a physically demanding ritual. This needs an advance good health and travel planning like any holiday abroad in a hot country. You need to protect yourself against sun, heat exhaustion, dehydration, skin problems and injuries, and respiratory illness. Therefore taking full health precautions will make your Hajj travel very comfortable.

MAKKAH - KAABA

Birthplace of prophet Mohammad (pbuh) born 570 AD situated in the mountain valley AL KAABA built by Prophet Abraham and built into the Kaaba's northeast corner is the Black stone which according to Prophet Mohammad (pbuh) was given to Prophet Abraham by the archangel Gabriel.

The Kaaba is the holiest place in Islam.



Kaaba

Is made of granite from the hills near Makka, It stands upon a 25cms marble base, which projects out wards 30cms. Its dimension is; 13.10 m high, with sides 11.03 m by 12.62 m. The four corners of the Kaaba roughly face the four points of the compass. In the eastern corner is the "Rukn-al -Aswad"(the black stone or Al Hajarul -Aswad) at the northern corner is the "Rukn-al-Iraqi" (The Iraqi corner) at the west lies "Rukn-al-Shami" (The Levantine corner) and the south "Rukn-al-Yamani" (The Yamani corner)

It is covered with a black silk curtain(The Kiswah) decorated with gold -embroidered with Quranic calligraphy. It is replaced yearly. The Shahada is outline in the wave of the fabric, about two-third of the wave up runs a gold band.

The entrance to the inside of the Kaaba is gained through a door made 2 m above the ground on the north-eastern wall of the Kaaba, which is accessed by a wooden staircase on wheels.

Construction of Kaaba by Prophet Ibrahim and his son Ismaeil

When Ismaeil grew up he married the daughter of the chief of the Banu Jurham tribe of Makkah valley. Following the death of Ibrahim, Ismaeil looked after Kaaba and perform Hajj every year.

After the death of Ismaeil, Banu Jurham tribe took the possession of Kaaba for many centuries until the Khuza tribe took it over. Through this period the Kaaba remained vulnerable to rains and floods which virtually destroyed the building.

Construction of Holy Kaaba by Quraish

- Quraish were the first to alter the building area and it took place about five years before the mission of the Prophet Mohammed (pbu)
- Qusay bin Kilsaab of Quraish tribe was born around 400CE, was renowned for his wisdom. He rebuilt it according to the original design and installing a roof to protect from the extreme of the weather. He introduced the food and water supply to the pilgrims

64 H. Reconstruction of Holy Kaaba continued in the Quraish style on the foundation of Prophet Ibrahim By Ibn Al –Zubair following the death of Yazid Ibn Muawiyah.

74.H Al –Hajaj built door and spread floor area on the foundation of Quraish.

104 H The Abasid Caliph , Abu Ja'far Al Mansour, was the to lay marble on Hijir Ismaeil in 140 H and Several replacements have followed since 1114

1039 H Sultan Murad Khan following the collapse of the part of sacred building due to rains rebuilt in 1040 H. An inscribed completion dated plaque was fixed inside the Holy Kaaba

1377 H The renovation of the roof was completed in the Reign of King Saud and continues until present time by the custodian of the two Holy Mosques

Extension of the mosque building have been made to 160165 sq .m to the present time. Saudi Govt; have spent millions Riyals. Now Almasjid Haram can accommodate over 50,000 people.

World Largest Clock

The world largest clock is the centerpiece of a giant hotel that dominate the skyline of Saudi Arabia's holy city of Mecca

The Mecca Royal Clock Tower hotel, an architectural amalgam of Big Ben and the Empire State Building ,is a part of \$ 5 billion complex which ,at 1,939ft will be the 2nd tallest building in the world.

The four faces of the German-built clock, each 141ft high visible from 15 Km away by day and more than 10Km at night. Its mechanism started in Ramadan .

The complex, built on the site of an old Ottoman fort, consists of seven towers, two helipads and shopping centre.

How modern technology has been employed to facilitate the Hajj

A sophisticated broadcasting network has been installed to cope with the Hajj requirement. The safety and comfort of the Hajjis has become a major concern for the authorities, necessitated by their volume in recent years. The newly laid floors tiles were made of specially developed heat - resistant marble tiles, and to further ensure the comfort of worshippers the structure is cooled by one of the world's largest air conditioning system.

To facilitate the movements of pilgrims to newly made roof area of the Holy Mosque , additional escalators have been incorporated alongside a number of fixed stairways in the northern and southern sides of the building. Pedestrian routs and tunnels have also been carefully planned and laid to ensure the safety of the pilgrims. A monorail and a railway line to the holy city of Medina are planned to reduce the congestion during Hajj.

Pilgrimage is physically demanding journey, authorities are trying to make it easier so that pilgrims will focus more on the rituals

Main compulsory rituals of Hajj

- Ihram
- Standing in Arafat and Tawaf following Arafat
- Standing a night at Mudzalifa
- Staying 2 nights in Mina
- Throwing in Jamarat
- Cutting hair and sacrifice followed by a farewell Tuwaf

MINA

Early morning 8 Dhul-Hajj pilgrims must leave for Mina for 2 nights, a world's largest camp site, all tents are airconditioned and fire proof. Hajjis stay here 3 days. Throw pebbles at Jamarat and the feast of sacrifice is held here. You are strictly advised to wear your identification wrist band and to keep note of correct location of your tent as well as the medical centre. If you are lost ask for nearest guidance centre.

ARAFAT

9 Dhul-Hajjih pilgrims arrive before noon. Planes of Arafat 2.5 sq miles. The Prophet Mohammad (pubh) delivered his last sermon on the mount of Mercy. Hajjis spend a day. The standing at Arafat give pilgrims a chance to meet and mingle with other muslims brothers from all over the globe. Leave Arafat after sunset. It is the most daunting moment when most of the personal accidents occur due to overcrowding. So you must show compassion and tranquility to others.

MUZDALIFAH

9 Dhull-Hajjih pilgrims arrive after sunset and spend a night here and pick up 70 pebbles for throwing at Jamarat in Mina. You must take full precaution against insects, use insect repellents, use your mats or sleeping bag. Cover your body with a cotton sheet at night.



ADVANCE TRAVEL HEALTH PLANNING

Consultation checklist.

- Assess fitness to perform the Hajj.
- Discussion of long term conditions and self management plans if necessary, e.g. asthma.
- Importance of foot care should be emphasised in people with diabetes.
- Discuss measures on reducing heat exposure
- Administer vaccinations.

- See your doctor or practice nurse at least 2 months before your travel; they will advise you and arrange any vaccination necessary for the Hajj. Meningitis vaccine is an essential requirement for a visa to visit Saudi Arabia.
- Get your medical check up i.e. blood pressure, sugar, peak flow and make sure that your medical condition is satisfactory and you are fit for a healthy Hajj travel.
- If you are taking a regular medication for any illness, ask for your repeat prescription well in advance, take enough supply to last you throughout the Hajj period.
- Postponing your monthly period, ask your G.P for tablets or an injection.
- Do not pack your medication in the suitcases. Keep in your hand bag.
- Control drug like morphine/pethidine are not permitted to take with you to Saudi Arabia unless a letter is issued by your doctor and a reason abroad to show to the Custom Authority.
- Keep a note of your illness and all regular medication on a separate paper.
- Always carry your medication in labelled packing as dispensed by the pharmacy. Never mix it in one container.
- Wheel chair, if you need ask your travel agent to book for you at the airport in advance or take your own incase you have one.
- Dental check, see your dentist.
- Take an extra spectacle preferable with the plastic lens?contact lens, use an elastic cord, a pair of sandal, sleeping bag, or a mat and cotton sheet for covering your body during sleep at night.

TAKE A SMALL FIRST AID KIT:

a packet of adhesive plasters, dressing, antiseptic, insect repellent cream or lotion, water sterilization tablets, tablets for sickness, paracetamol, or neurofen tablets, medication to control diarrhoea.

Immodium, dioralyte eff;tabs., Hydrocortisone 1% cream and moisturising skin cream and anti sickness tablets .Dental floss, toothbrush and toothpaste.

Dust Mask. Soap and shampoo (unscented). No Deodrants or perfumes are allowed while in Ihraam Status.

Other items you may consider taking with you or you may buy in Makka:

- Scissors for clipping hair (Barbers are readily available there. Be sure to tip the barber & make sure he uses a new set of razors & clean combs)
- Nail Clippers
- Prayer Rug
- White Thawb / Disdash to wear while you are there.
- Anti-Bacterial Hand Wash Lotion
- Band-Aids
- Tissues
- Eye Drop e.g. Chlorophenicol
- Battery-Operated personal fan
- Extra Blanket for the cold nights of Minah and Muzdalifah in winter
- Small Quran for the trip (published in Saudi Arabia to avoid delays in Airports by Saudi Arabia Inspectors)
- Chapstick
- Sunscreen Lotion (un-scented)
- Tennis Shoes or comfortable sandals during non Ihram Days
- Sheets (Women)
- Hair Tie-Backs (women)
- Laundry Rope (if doing laundry by hand)
- Comfortable Scarf to wear indoors (women)
- Wash Cloth in Plastic Bag (women)
- Camp stool (women)
- Robe (women)
- Pajamas (women)
- Socks (women)

TRAVEL INSURANCE

Before you travel, get an adequate insurance cover.

Make sure you have a valid passport and visa for Hajj, traveller cheques, currency and an additional passport photograph as well as photocopies of your passport in your hand bag.

VACCINATIONS

Required Vaccinations (by the government of Saudi Arabia)

- All infants, children and adults pilgrims are required to provide proof of vaccination with a quadrivalent (A/C/Y/W-135) meningococcal vaccine, issued not more than 3 years and not less than 10 days before arrival in Saudi Arabia.
- Documentation of polio vaccination must be presented for infants and children up to fifteen (15) years of age.
- Only pilgrims with valid vaccination certificates will be allowed to enter the cities of Mecca and Medina to perform Hajj.

You might have had vaccination in the past, but they need topping up to make it up-to-date. All vaccinations are free under NHS but you may pay for your vaccination certificate to your G.P.

TRANSMISSION OF MENINGITIS

The bacteria that cause meningitis are spread through close, direct contact with an infected person that leads to exchange of saliva or respiratory and throat secretions.

Meningitis bacteria are NOT spread by casual contact or by simply breathing the air where a person with meningococcal disease had been.

SYMPTOMS OF MENINGITIS

- High fever, headache, and stiff neck (symptoms can develop over several hours, or they may take 1 to 2 days to appear).
 - Other symptoms may include nausea, vomiting, sensitivity to light, confusion, and sleepiness.
 - Patients with meningitis blood infections can have fever and a rash.
 - In newborns and small infants, the classic symptoms of fever, headache, and neck stiffness may be absent or difficult to detect, and the infant may only appear slow or inactive, or be irritable, have vomiting, or be feeding poorly.
 - As the disease progresses, patients of any age may have seizures.
- People with these symptoms should get medical attention right away.

Risk factors for getting meningitis include:

- Immune system problems, such as lack of a spleen
- Respiratory infections, such as the flu
- Smoking or being around people while they smoke
- Indoor crowding
- Close contact with an infected person (in the same house or day-care centre)
- Direct contact with the oral secretions, such as saliva, of a person who is sick with meningitis

People who have close contact with a patient with meningitis or their oral secretion are at increased risk of getting the disease and should consult a health-care provider regarding antibiotics to prevent illness.

HEPATITIS

Common in most of Africa, northern and southern Asia and central America, though hepatitis A more widespread.

The hepatitis A caused by a virus found in infected food, water and human faeces. Cleaning your teeth in water contaminated with virus, swallowing ice cubes made from it and eating salad washed in it. People handling your food also transmit. Infection causes mild illness to liver disorder. A vaccine will give good protection against hepatitis A. Immunity lasts for one year, if you have a second dose after one year it will give you protection for 10years.

AIDS/HIV, Hepatitis B

- Serious viral infections spread by intimate person to person contact, such as unprotected sex, blood particles from sharing contaminated drug needles, transfusions with contaminated blood or using inadequately sterilised equipment
- Protection by practising safe sex (vaccine available against hepatitis B; not against HIV)

People with HIV attending the Hajj

Nigerian authors have focussed on the problems of Hajj pilgrims in Kano who live with HIV and will be highly relevant to Muslim living in the UK. Adherence to antiretroviral therapy (ART) may be compromised by:

- the need to cross national border where carriage of ART may cause difficulty.
- increased encounter with stigma
- participation in religious rites that interfere with ART dosing

Some 31Hajj pilgrims (HP) were compared with 27 non-pilgrims (NP) who were travelling abroad and had similar characteristics. HP's travelled for a range of 28-43 days and Nps for 28-84 days with similar ART regimens, mostly dosing twice daily. Nearly half (48%) of Hps failed to take ART prescribed compared with 19% of Nps. Reasons included forgetfulness, exhaustion of supplies, stigma, seeking spiritual alternatives or disinclination. Five were unable to carry medication through airports. Failure to take medications increases the likelihood of resistance mutations and consequent ART failure and the odds ratio for a rise in viral load was 5.70 in Hps in this study.

Hps are likely to consult health professionals for meningococcal and influenza vaccination prior to travel, This is an ideal time to discuss adherence to ART, to make sure that ART stocks are adequate for the journey and that documentation is carried. The authors also suggest that the Hajj Medical Services in Saudi Arabia should ensure that reserve Art medication are available.

TYPHOID

Typhoid is caused by a bug *Salmonella Typhi*. It is caused and spread by eating or drinking contaminated food or water, by flies or water used for washing it, shell fish and vegetable from polluted water.

Signs of the illness includes fever, tummy pain, diarrhoea or constipation and fever that may last 1-2weeks. Patients normally get better after about 4 weeks, but relapse can occur. Vaccine by mouth or by injection is available. Protection lasts for 3 years.

POLIO

Caused by direct contact with infected person/airborne particles.

Risk areas Asia, Africa, South America.

Immunisation against polio by mouth drops in three doses though most require only single booster dose; an injection against TB (if necessary) at least two months before travel.

TETANUS

It is caused by a bug in soil, can infect cuts, skin injury, abrasion. Its infection causes severe muscle spasm. It is found all over the world. Since you walk a lot during Hajj you may sustain injury to your foot. It is wise to have yourself protected against tetanus by booster.

No vaccine can guarantee to offer one 100% protection against diseases. Care must be taken with food and drink and avoiding insect bites are necessary to protect yourself during your stay in Saudi Arabia.



JET LAG

Common when flying across time zones, and your body can take days to adjust to the new times.

DISABILITIES

Back ache will get worse if you sit for a long time, you must walk a little and to avoid clot in the leg veins do simple foot, ankle excercises. Try to get a seat in the aisle and always sit upright sitting position. Do not carry heavy suitcase. Take your regular pain relief tablets.

ANGINA

Air travel should not be problem, however if you can not walk about 100 yards on the flat without chest pain or undue breathlessness, or get chest pain while climbing stairs in your house, then you should seek an advice from your G.P. before deciding to fly. However you should avoid travelling at high altitudes if your angina is brought on easily, or if you suffer from breathlessness. For more advice and insurance friendly to heart patients contact the British Heart Foundation - Tel 0207 935 0185

BLOOD PRESSURE

Air travel does not affect blood pressure, but stress and increased activity might raise your blood pressure. So do not rush, plan, pack and walk comfortably. Take your tablets as prescribed by your doctor.

BLADDER PROBLEMS

People with bladder problem need to empty their bladder about seven times a day and often tend to pass water when under stress, or drink more liquids, when coughing severely, sneezing, laughing, lifting. So avoid drinking tea, coffee and fizzy juice during the flight. Request a seat near the toilets or in the aisle to enable you to go to the toilet in urgency. Take your tablet before the departure of your flight.

CYSTITIS

Passing water frequently, with pain, bad smell. Drink plenty of fluids, if you are already suffering from water infection and carrying your tablets then continue as advised by your G.P.

DIABETIES

Make sure you take tablet/insulin on time, ask the flight staff to keep your insulin in the fridge during your flight. Take low calorie or sugar free drinks. Have fresh fruit and fruit tinned in natural juice instead but if you are hungry between meals, have a plain biscuit or a fruit. You should always carry with you 4-5 small sugar lumps in case you develop an hypo attack.

Remember to carry all in-flight medication in your hand luggage, and take it all the times you would take it if you were at home until you arrive at your hotel. After which, you will need to change to the local time.

DEEP VEIN THROMBOSIS (DVT)

DVT is a serious condition where blood clots develop in the deep veins of the legs. There is some evidence that long-haul flights, especially when passengers have little or no exercise, may increase the risk of developing DVT.

There are ways that you can reduce the possible risk of DVT on long-haul flights:

- Be comfortable in your seat
- Bend and straighten your legs, feet and toes while seated every half-hour or so during the flight
- Pressing the balls of your feet down hard against the floor or foot-rest will also help increase the blood flow in your legs and reduce clotting
- Take occasional short walks, when in-flight advice suggests this is safe
- Take advantage of refuelling stopovers where it may be possible to get off the plane and walk about
- Drink plenty of water
- Be sensible about alcohol, which in excess leads to dehydration and immobility
- Avoid taking sleeping pills, which also cause immobility.

WHILE YOU ARE IN SAUDI ARABIA

ALWAYS WEAR YOUR IDENTIFICATION WRIST BAND during your stay in Saudi Arabia.

Saudi Kingdom provide an extensive free health and medical care during Hajj. There are many medical centres all over in Makkah, Mina, and Arafat as well as in Medina. You will find medical centres are also managed by Pakistan, Indian, Bangladeshi, Iranian, Turkish and a British medical team. As soon as you arrive at your destination first find out the nearest medical centre and make a note of the location of your camp and tent and let your friend or accompanied person know about your illness and the location of the medical centre. So that you could receive medical help on time. Most pilgrims will

suffer from one or more of the following: sore throat, coughing, frequent sneezing, running nose and fever. Bring enough supplies of over the counter medication.

Avoid applying perfumes with strong smells when you go to the Mosque. Have a heart for those with medical conditions like asthma and migraine. Strong smells are associated with migraine and asthma attacks. (Perfumes are prohibited in the state of Ihram)

AVOID GASTROENTRERTIS

Diarrhoea is the commonest among people. Be careful with food; eat well cooked food, do not buy from the street vendors, raw vegetables and fruit must be washed in clean water. Cold and undercooked meats can be contaminated. If in doubt stick to only freshly cooked foods. However if you get diarrhoea, take plenty fluids, dioralyte tablets in boiled water, no solids by mouth for at least 24hrs. If you are hungry take banana or boiled rice and natural yogurt. You may take Immodium if you are carrying with you. Stop spicy and fatty foods.

Drinking Water: check it is safe, or drink sparkling bottled water, avoid water or you may boil tap water or use sterilising tablets. Do not drink ice cold water unless you make sure that ice was made with clean water.

Make sure to keep your food away from insects, wash fresh fruits, or peel it properly.

Wash your hands properly before eating and after toilet facilities.

Contact the medical centre if you are passing blood in stools, you have high temperature, and all the self care treatment have failed.

Do not drink ice cold water or cold drinks made fresh crushed fruits mango or oranges.

FOOD AND WATER

while travelling, follow strict food and water precautions and pay careful attention to hygiene. This will help to prevent diseases such as hepatitis A and Typhoid fever, and will also help guard against traveller's diarrhoea.

When travelling in countries where hygiene is poor:

- Always wash your hands after going to the lavatory, before handling food and before eating.
- If you have any doubts about the water available for drinking, washing food or cleaning teeth; boil it, sterilise it with disinfectant tablets or use bottles water preferably carbonated with gas - in sealed containers

- Avoid ice unless you are sure it is made from treated and chlorinated water. This includes ice used to keep food cool as well as ice in drinks.
- It is usually safe to drink hot tea or coffee, wine, beer, carbonated water and soft drinks, and packaged or bottled fruit juices.
- Eat freshly cooked food which is thoroughly cooked and still piping hot
- Avoid food which has been kept warm
- Avoid uncooked food, unless you can peel or shell it yourself
- Fish and shellfish can be suspect in some countries. Uncooked shellfish, such as oysters, are a particular hazard
- Avoid food likely to have been exposed to flies
- Avoid ice cream from unreliable sources such as kiosks or street traders
- Avoid - or boil - unpasteurised milk

SUN PROTECTION

Every year, thousands of people damage their skin with sunburn. The long-term effects of this damage include premature skin ageing and skin cancer.

- Protection is even more important for children and those with fair skin
- Avoid exposure when the sun is most harmful - normally at least two hours either side of midday
- Ideally protect your skin with clothing
- Wear a wide brimmed hat and sunglasses
- Use sun-block or sunscreen with sun protection factor 15 (SPF15) or above. Reapply after swimming or washing.

EPILEPSY

It is important to tell your friend or accompanied person that you have epilepsy. It is very essential that you take your medication as prescribed. For some people fatigue, lack of sleep, stress and menstruation may trigger seizures.

In case of a seizure:

- Put a soft object, a cloth, towel under his/her head and shoulder.
- Don't put anything in his/her mouth.
- Don't restrain unless his/her action is dangerous to others.
- As soon as possible, roll the person on to his/her side to assist breathing.
- After a seizure a person may be confused. Reassure them until they are fully aware of their surroundings.

Call an ambulance if:

- The seizure lasts more than five minutes
- Another seizure quickly follows
- The person is injured

FEVER

Fever is caused due to exposure to virus, other infections and heat, e.g. sore throat, cough may be flu or chest infection, pain passing water indicate urinary tract infection, aches and pain suggest simple flu. Fever with severe shivering and alternate day indicate malaria.

- Bed rest and keep cool with plenty of fresh air
- Take fluids, and paracetamol or aspirin 2 tablets 3-4 times a day.
- If fever persists more than 24hrs and also higher or high temp with very stiff neck photophobia, and spasms of back, leg muscle see the nearest doctor at the medical centre who may prescribe an antibiotic; you must mention to the doctor about an allergy you may have to any antibiotics.

NASAL BLEEDING

Causal due to high blood pressure, sun or injury, immediately press the upper nasal soft part near the eyes and apply ice or cold water and then go to the medical centre.

PRICKLY HEAT

Heat rash soon appear over the body due to sunshine. Wash the skin with cold water, apply calamine cream or lotion or prickly heat powder from a pharmacy.

HEAT AND EXHAUSTION

Avoid heat exhaustion and sunburn; expose yourself gradually to the sun and use sun cream of a protection factor suited to your skin type; drink plenty fluids and use an umbrella, sunglasses and spray fresh cold water on your face with the spray bottle enroute to Mina, Arafat, and Makkah.

TIP

Avoid crowding as much as you can. Perform Tawaff, Sa'ee and throwing stones at jamrat in the off peak time e.g. early morning or night hours.

INSECTS BITES and DERMATITIS

Take precautions to avoid bites from insects; especially over night stay at Muzdalifah. Use your mat or sleeping bag and cover your arms and legs with clean cotton sheet; use insect repellent creams on your skin and Ihram. Use insecticides in your tent just before dusk. If you are stung by wasp or bee, remove the sting then clean with vinegar and take antihistamine tablets e.g. piriton if you feel unwell. Seek medical advice. If you are unwell, swelling lips and eyes, fainting, chest discomfort, and you can't remove the sting and rashes appear all over you.

It is important that you should take care of your feet, long walks will make your feet sore, cracked feet and blisters become easily infected. Keep your feet moisten with cream, use spare sandals and use antibiotic cream in case you carry with you.

ASTHMA

Asthma symptoms can develop at any time due to cold, virus infection, allergy, dust, weather change and perfume etc. During Hajj it is difficult to say that your asthma will get worse, however as soon as you perform Tawaff, and Sa'ee you are advised to use the preventer inhaler before starting the ritual.

Take your inhaler immediately.

ACCIDENTAL INJURY/SPRAIN

During Hajj very commonly twisted ankle can occur. Stop walking and take rest, elevate the sprained foot for 2-3 days. Apply ice, cold water, a stretch bandage or a handkerchief, deep heat spray and painkiller. If you are unable to stand or walk, or swelling appeared over the foot and there was no improvement in your condition after self care then contact the medical centre.

PERSONAL SAFETY

- Never shave or cut your hair with a used razor blades - it may transmit dangerous infections.
- Never use any gas stove for heating in the tents
- Show compassion to your brothers and sisters and maintain discipline in crowding areas
- Be sure to check the fire escape in the hotels
- Use money belt and never carry a lot of cash with you.

MIGRAINE

An episodic headaches reoccur at irregular interval, attacks usually lasting one day. The headache begin on one or both sides of the head, especially behind the eyes. Nausea and vomiting often follows. Light can make this condition worse (photophobia), travel, sun, heat, smell and smoke, shopping, hunger, chocolate, citrus fruit, coffee, stress can precipitate the migraine. You should take your medication as prescribed by your doctor and try to avoid the precipitating factors during the Hajj.

HEADACHE

Simple headache may be due to tiredness, stress and cold or airconditioning or tooth ache or sinusitis, heat. Try aspirin, or neurofen or go to the local pharmacy for analgesic.

CONSTIPATION

Difficulty passing motion, drink plenty especially fruit juice. Eat more vegetables and high fibre food. If not better take laxatives from the pharmacy.

EYE PROBLEMS

Eye irritation, red eyes, dry eye and conjunctivitis, and foreign body are the main eye problem during Hajj. Try bathing with warm water 6-8 times a day. If no improvement, eye drops or ointment from the pharmacy can be obtained.

MANAGING DIABETES

A diabetic may develop HYPOGLYCAEMIA mean your blood sugar is LOW.

This occurs:

- Missing or being late for meal
- More exercise
- Too much insulin

This condition happen quickly and you may feel

- sweating face and palms
- trembling
- dizziness
- tiredness
- blurring vision and sudden hunger

What to do

Rest and take one of the following:

- 50ml of energy drink
- Half glass of cola (not diet)
- 3 glucose tablet (wash down with 2 teaspoons of sugar, jam or honey)

If coma happen you will need an injection of glucose.

HYPERGLYCAEMIA

Means your blood glucose level is HIGH and may be caused by:

- Eating too much or the wrong types of the food
- An infection
- Not enough insulin for requirements

This condition develop over hours or even days, you will fell:

- Increased thirst
- Passing lots of urine
- Feeling and being sick
- Tiredness

What to do

Test blood glucose frequently and if you take insulin adjust this accordingly.

Check your urine for ketones - if there is just a trace and feel unwell and sick, immediately ask for doctor.

If a hyper is left untreated unconsciousness or diabetic coma will follow.

Drink Fluids with out sugar, continue taking your tablets or insulin.

**REMEMBER IF YOU FEEL ILL CALL A DOCTOR IMMEDIATELY
In Emergencies stay calm!**

See the doctor or call the ambulance for:

- Head injury with bleeding from eyes, ears or nose, drowsiness or vomiting
- Loss of consciousness
- Broken bone or dislocation
- Severe chest pain or breathlessness
- Sudden severe stomach pain that won't go away
- Unresolved choking and difficulty breathing
- Severe bleeding
- Kidney pain
- Medical shock - Needs urgent attention, do not give anything to eat/drink. If a patient conscious, lay him on his back with his leg raised, loosen any tight clothing and keep him warm. An unconscious person who is breathing should be placed in the recovery position.

CHECKLIST OF ESSENTIAL PILGRIMAGE SUPPLIES

- Comfortable footwear
- Adequate supplies of prescription medicine
- Printout of medical history and generic medication
- emergency numbers: ambulance 997, police 999
- Salt tablets
- Sun protection cream
- Water bottles

HELP - FOR ALL TRAVEL ADVICE

Contact your G.P. and British Air Travel Clinic
MASTA (Medical Service for Travellers Abroad) Tel; 080 224100
Travel Clinic Help Line: 0839 337733
Ministry of Hajj: Makkah (02) 5 571714
Jeddah (02) 647 0055

Ambulance 997
Police 999
Accident 993



FURTHER CONTACTS FOR ALL TRAVEL ADVICE

TRAVEL HEALTH ORGANISATION

International Society for Travel Medicine
ISTM Secretariat, PO Box 871089, stone mountain, GA 30087, USA
e-mail bcbistm@aol.com
www.istm.org

British Travel Health Association

PO Box 336
Sale, Manchester M33 3UU
E-mail: info@btha.org 0870 042 3640
www.btha.org

TRAVEL HEALTH CENTRES OF EXCELLENCE

The Hospital for Tropical Diseases (London)
www.thehtd.org

London School of Tropical Diseases

www.lshtm.ac.uk

Liverpool School of Tropical Medicine

www.liv.ac.uk

jHealth Protection Scotland

www.show.scot.nhs.uk/scieh/

SUPPLIERS OF TRAVEL HEALTH GOODS

Homeway Medical Ltd.: www.travelwithcare.com 01980626361
Lifesystems : www.lifesystems.co.uk/ 01189 811433 (water purification)
Masta : www.masta.org 0113 238 7575
Nomad : www.nomadtravel.co.uk 020 8365 3698 (wholesale for HCP's)
Swiss Nets UK plc : www.swissnet.co.uk 0115 969 2500
Trailfinders 207 938 3999
William Medical Supplies : www.williams-medical.co.uk/ 01474 535330
Denta-nurse (for dental travel kits) : www.dentanurse.com 01981 500 135 (fax 01981 500 115)

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The views expressed in this booklet are based on the current information and reflect that of the editor: although great care had been taken in editing to ensure the accuracy, the editor shall not be held responsible for any errors, omissions or inaccuracies in this booklet.

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