In the Name of Allaah, The Ever Merciful, The Most Merciful

All perfect praise is for Allaah, The One Who Leads away from deviation to guidance. He Says in His Book (what means): {Proclaim to the people the Hajj [pilgrimage]; they will come to you on foot and on every lean camel; they will come from every distant pass.} [Quran 22:27]. May the Peace and blessings of Allaah be upon the Prophet of Guidance, Muhammad, sallallaahu ‘alayhi wa sallam, the prophet of the best nation ever brought forth for humankind, and upon his family and all his Companions.

Since the establishment of the medical unit as one of the units of the "Hajj Mission", it has provided indispensable services for pilgrims to the Sacred House of Allaah. It treats ailing pilgrims and cares for the injured. This is not only during the performance of Hajj rituals at the holy sites, but its activities begin well before the pilgrims' journey and continue until they return safely to their homes. Exactly how this happens is made clear in the Pilgrim's Medical Guide that you are now reading.

This medical guide presents instructions and guidelines to the guests of Ar-Rahmaan, The Ever Merciful, in their preparation for the holy journey, during their stay in the two noble sanctuaries and after their safe return, by the help of Allaah. These instructions and guidelines are provided to all people, whether they are men or women, old or young, sick or healthy.

All kinds of medical care, devices and medications will be provided to all pilgrims, whether citizens or residents. As a matter of fact, medical care will even be provided to pilgrims who are part of the Qatari Hajj groups if they seek treatment from our medical unit.

We wish to express our appreciation for the time and effort exerted in preparing this valuable guide and for the keenness of its compilers to make it available to the pilgrims before they set out on their travel in order to read it and benefit from it. We hope that it will help protect them against various illnesses to which they will inevitably be susceptible during their pilgrimage, as well as lighten the suffering of the chronic patients – may Allaah cure them – and to avoid any complications or symptoms that might appear after their return.

We ask our brothers and sisters (going to Hajj) to kindly read this guide carefully. We are grateful from the depths of our hearts to everyone who took part in preparing it; and we ask Allaah to put it on the record of their good deeds and to reward them abundantly. Aameen.

President
Committee of Hajj Affairs

[The Pilgrim's Medical Guide]
Dear Pilgrims, Dear Brothers and Sisters!

All perfect praise is for Allaah, The Lord of the Universe, and we ask Him to send His blessings and peace upon the most noble of messengers, Prophet Muhammad, and upon his family and his Companions.

To proceed: Allaah The Exalted Says in His Book (what means): \[Due to Allaah from the people is a pilgrimage to the House – for whoever is able to find thereto a way.\]

One thing that assists the pilgrim in realizing this 'ability' referred to in the aforementioned verse is being safe and free from ailments and epidemics which may sometimes hinder him from accomplishing the obligation in the best way possible. Keeping this in mind and wishing to maintain the safety of pilgrims, the Qatar Red Crescent formed a medical committee. This committee held meetings for over a year, adopting a number of resolutions and taking measures to serve the pilgrims to the Sacred House of Allaah in the best possible way. Health awareness constituted the greatest proportion of these resolutions.

This guide is a product of this year-long effort. Concerning the Pilgrim's Medical Guide, we ask Allaah to generously give credit to and reward everyone who participated in financing, writing, printing, publishing, and passing it along to you, dear pilgrim.

In this short text, we would like to thank Dr. Ahmad Al-Muhammad, the first author of this series and the one from whose work we benefited greatly. While the committee dedicated much of its time to this effort, it did so only seeking the pleasure of Allaah, The Exalted. We ask Allaah to assist our fellow Muslim pilgrims in all that is good.

We hope to receive the reward that the Messenger, sallallaahu ‘alayhi wa sallam, mentioned in his saying: "He who guides to good (deeds) is like the one who (actually) does it".

The Committee would like to express thanks to Mr. Khaalid ibn Ghaanim Al-’Ali, Secretary-General of Qatar Red Crescent, for the great support he, as well as the rest of the members of Qatar Red Crescent, rendered to our medical committee. This had a great impact on the continuation of our efforts all year long.

In light of the words of the Prophet, sallallaahu ‘alayhi wa sallam: "Whoever is not grateful to people will not show gratitude to Allaah," we turn with abundant thanks to the president and all members of the Qatar Hajj Committee for their unlimited cooperation with the medical committee. O Allaah, make this deed and the rest of our deeds sincere for You alone. We ask Allaah to send His blessings and peace upon our Messenger, his family and his Companions.

Medical Committee for Hajj Affairs
Qatar Red Crescent
Information about Qatar Red Crescent

Founding and Development:

Qatar Red Crescent was founded in March, 1978 as a volunteer organization, recognized in 1981 by Comite International Geneve.

Goals:

The goals of Qatar Red Crescent can be summarized as follows:

1- Alleviating the intensity of suffering and humanitarian disasters, without distinction or discrimination.
2- Participating in managing social and humanitarian services in accordance with the mission of the Red Crescent.
3- Spreading the lofty principles of the international movement through all classes of society.
4- Attracting, qualifying and training volunteers upon humanitarian values, responsibility and commitment.

Principles of Qatar Red Crescent:

Humanitarianism, non-partisanship, neutrality, independence, voluntary service and universality.

Achievements:

Qatar Red Crescent has a number of achievements and projects to its credit, which has helped it to realize its objectives at both the local and foreign levels.

Domestic Level:

1- The first branch of Qatar Red Crescent was opened in the city of Al Khawr, offering all services and realizing all ways of assistance offered by the main office to the people of that area and the surrounding areas.
2- The medical affairs division was established, striving to offer all kinds of medical services on an internal and external level by cooperating with various civil affiliates.
Contents

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**Part 1
Medical Instructions before Hajj**

The pilgrim must take some preventive measures before and during traveling for *Hajj*. Some of these are necessary to obtain a *Hajj* visa, like certain vaccinations, and others simply assist in safeguarding the pilgrim, such as his medical card and wristband.

**Medical Card**

For the pilgrim to withstand the difficulties of travel and accomplish the obligation of *Hajj*, he must be physically fit and emotionally stable, and this is ascertained only by way of thorough medical examinations before traveling to perform the obligation. Obtaining a medical card affirms this and acts like a personal identification badge that can be carried wherever one goes in the holy places. This card contains details indicating his health condition, his full name, and the name of his *Hajj* group and the medical delegation affiliated with it and is available in every healthcare center.

- Recording chronic illnesses you suffer from on your medical card will by no means prevent you from traveling to perform *Hajj*.
- Always carry your medical card with you during *Hajj*.

**Vaccinations**

Anyone who intends to perform *Hajj* must go to the healthcare center in his area to complete the necessary medical examinations and obtain a medical certificate proving this. Likewise, he must take the vaccination against meningitis (cerebrospinal fever). He is also advised to take the seasonal influenza and swine flu shots as a precautionary measure.

**1- Vaccine Against Meningitis (Cerebrospinal Fever)**

This vaccination is considered the most important of inoculums stipulated by the Government of Saudi Arabia to be taken before one can travel for *Hajj*. That is because meningitis is a dangerous, infectious disease. If left untreated, it could lead to the eventual death of a person (Allaah forbid!); and if treatment is delayed, it could lead to nerve impairment.

The inoculation is a single dose (half a milliliter) injected under the skin. The inoculation for meningitis is not given to children under the age of 2 years.

Some Important Points Related to this Inoculation

- The vaccine fights against the bacterium called "meningococcus" which is the most common and most dangerous cause of meningitis.
- The vaccine must be administered 10 days before traveling because the effect of the inoculum requires this period before it takes effect.
- The benefit of the vaccine will last for at least three years; it will be required after that time to have it again.

Taking an antibiotic orally can greatly help in preventing the spread of infection to other pilgrims. A single dose of ciprofloxacin is given to people other than pregnant women and children. Pregnant women and children are given rifampicin for two days or a single dose of azithromycin.

If a person does not decide to travel for Hajj except a day or two before it begins, then he must receive the vaccination in addition to the preventive dose of the previously mentioned antibiotics.

2- Vaccine against Seasonal Influenza

The flu afflicts a high percentage of pilgrims and may affect their completion of the holy rites. It causes fatigue and general discomfort; and it can continue until after Hajj is done and over with.

3- Vaccine against Swine Flu

Wristbands

The Messenger of Allaah, sallallaahu ‘alayhi wa sallam, said: "Adhere to that which benefits you, seek aid with Allaah, and do not refrain from it." [Reported by Muslim].

Definition:

- A transparent plastic bracelet that has the following information written inside it: the pilgrim's name, his nationality, address, medical condition, and blood type.
- The bracelet is worn around the wrist.

Importance:

Wristbands help in the following situations:

- Establishing contact quickly with the pilgrim's family or Hajj group in case he gets lost.
- It helps expedite the process of receiving urgent and personalized medical treatment whenever needed.
- It helps simplify health and administrative procedures in cases of emergency.
Legitimacy:

- The wristband does not contradict religious teachings and does not affect the rituals of Hajj.
- It is clean (ritually pure) and does not affect one's ablution (Wudhoo).
- It is made of a safe material, so it does not affect the skin or cause irritation.
- The wristband acts like an identification card and a medical card at the same time.

Personal and General Cleanliness

Allaah the Exalted Says (what means): {By which Allaah guides those who pursue His pleasure to the ways of peace and brings them out from darkness into the light, by His permission, and guides them to a straight path.} [Quran 5:16].

He also Says (what means): {O children of Aadam, take your adornment at every Masjid, and eat and drink, but be not excessive. Indeed, He likes not those who commit excess.} [Quran 7:31].

Dear pilgrim, be keen on observing the protocols of cleanliness by adhering to the following:

Cleanliness of Body and Clothing:

Take showers often, change your undergarments regularly, wash your hands with soap and water before and after eating, as well as after blowing your nose or coughing and after exiting the toilet. Also, take care to keep your teeth clean.

- Bring your own toiletries with you so that you do not neglect your personal hygiene or have to resort to using someone else's things.
- Do not be apathetic in taking care of your personal hygiene whilst in Ihraam.

Food Cleanliness

- Keep food far away from insects and dust.
- Wash vegetables, fruits and cutlery well.

Clean Quarters:

- Adhere to continuously cleaning your quarters of dust.
- Put garbage in sealed bags.
- Try to kill insects like flies and cockroaches.
Clean Environment:
Maintain a safe environment, use tissues when sneezing, blowing your nose, or spitting, and put these used tissues and other such waste in their designated places.

The Importance of Cleanliness:

- Cleanliness is a part of one's faith.
- It protects you from diseases and germs.
- It gives one a pleasant appearance.
- It strengthens self-confidence and makes you feel good about yourself.
Part 2
Ailments of Hajj

There are a number of health risks during Hajj due to congestion, dust, dirt, vehicle exhaust, and high temperatures; these factors help facilitate the spread of some diseases which are transmitted through contagions, like influenza and cerebrospinal fever (meningitis). Likewise, the intense heat causes the pilgrim to lose a high percentage of body fluids, which contributes to dehydration if not treated by consuming a proper amount of liquids.

Possible Health Risks Include:

- Sunstroke and heat exhaustion
- Respiratory ailments like influenza and catarrh (common cold)
- Digestive ailments like constipation, diarrhea, indigestion, and food poisoning
- Dermatitis (skin rashes)
- Meningitis
- Back pain and leg swelling (edema)
- Blepharitis (eyelid inflammation) and eye congestion
- An increase in chronic illness complications as a result of some pilgrims neglecting to take treatment and not following proper medical instructions or seeking them

Exposure to Severe Heat:

Risks of exposure to severe heat are shown mainly in dehydration, which results from a large loss of fluids due to sweating, thus contributing to:

- Weakness in kidney function
- Low blood pressure and dizziness
- Heart attack or stroke

Prevention:

- Avoid long-time direct exposure to sunlight.
- Use umbrellas as protection from sunlight.
- Use fans and air-conditioners whenever possible.
- Wear clothing made of light and light-coloured material.
- Drink plenty of liquids at all times, especially during high temperatures.
Heat Exhaustion and Sunstroke

**Heat Exhaustion**
This occurs as a result of being exposed to high temperature during high air humidity levels. It contributes to the body's secretion of fluids through perspiration (i.e. sweat), causing the body to lose a large amount of water and salts.

**Symptoms:**
- General fatigue, dizziness, headache, and feeling unable to exert any effort.
- Nausea; loss of appetite.
- Cool, pale skin.
- Infrequent urination.

**Sunstroke**
This occurs as a result of the skin being exposed to very high temperatures, especially when the person has exerted strenuous physical effort.

**Symptoms:**
- Body temperature exceeds 40° C.
- Cessation of perspiration (sweat); dry skin; redness of skin; fever.
- General irritation; agitation for trivial reasons.
- Severe headache; possible coma and loss of consciousness.

Be sure to take along good quality protective umbrellas.

**Cerebrospinal Fever**

**Mode of Infection:**
- Via contagions expelled through the nose and throat, as the bacterium lives in throat membranes.
- Staying in crowded places, with poor ventilation.
- Sharing a sick person's utensils.

**Symptoms:**
- A sharp rise in temperature accompanied by severe headache.
- Vomiting, back pains, and stiff neck.
- Photophobia (fear of light), and severe strain when hearing any movement.
- Bloody skin eruptions, spotting, and poor coloration.

Remember: Fever + Headache + Vomiting + Back Pain + Stiff Neck = Immediate Medical Consultation.
**Prevention:**

- Get vaccinated with the protective serum before travel.
- Avoid crowded places with poor ventilation.
- Ventilate shared bedrooms.
- Use tissues when sneezing, spitting, or blowing your nose.
- Do not share a sick person's utensils.
- Sniff water and expel it from your nose and gargle water to clean the nasal membrane.
- Refer to the Hajj group's physician, the medical delegation or the nearest healthcare center as soon as symptoms appear.

**Skin Rashes**

Pilgrims are commonly afflicted with skin rashes, especially between the thighs, under the armpits, and between the toes.

**Causes:**

- Perspiration and rubbing the skin as a result of walking long distances during Tawaf [circumambulating the Ka’bah] and Sa’y [walking back and forth between the two hills of Safa and Marwah].
- Negligence in personal hygiene.

**Prevention:**

- Bathe whenever you are exposed to sweat.
- Use medicated ointments recommended by the physician or a light powder on areas likely to be exposed to inflammation. (It is essential to consult the Hajj group's religious guide about the creams and powders that can be used during Ihraam.)

Pharmacies carry soaps, powders, and petroleum jellies (like Vaseline) that are unscented and can be used during Ihraam.

**Foot Complaints:**

Dear pilgrim, do not forget to protect your feet during the rituals of Hajj and remember that the following may occur:

- Fungal inflammation between the toes and toenails.
- Sores and lesions on the sole of the foot.

We advise you to adhere to the following in order to protect your feet:
- Cut toenails with care and in a way matching the curve of the toes; and avoid cutting them too short.
- Wash your feet daily with warm water and soap; and dry your feet well, especially between the toes.
- Moisturize your feet by applying creams that would prevent dryness and cracked skin.
- Do not walk barefoot at any time.
- Choose suitable and comfortable leather shoes to walk in during Hajj.
- Avoid slippers that are open from the front, like sandals. Make sure to consult the Hajj group's Mufti to confirm that what you are wearing is permissible.
- Avoid tight shoes and those with elevated heels.
- Inspect the inside of the shoes daily to make sure there are no sharp objects or tears in the lining of the shoe.
- Use suitable socks, not torn, and preferably made of cotton or wool, while not in the state of Ihraam.

Use suitable and comfortable athletic shoes. Be sure to clean your feet and dry between your toes.

**Diarrhea and Food Poisoning**

Allaah The Exalted, Says (what means): *O children of Aadam, take your adornment at every Masjid, and eat and drink, but be not excessive. Indeed, He likes not those who commit excess.* [Quran 7:31].

**Causes:**

- Consuming spoiled food and contaminated water
- Eating meals and drinks from street peddlers
- Leaving food uncovered and exposed to flies and other pathogen-carrying insects
- Not washing vegetables and fruits well
- Using rusty cooking equipment
- Spraying insecticides in places where there is food
- Not taking care of personal hygiene and cleaning nails
- Not washing both hands after using the toilet

**Symptoms:**

- Diarrhea and vomiting after consuming food and drink.
- Stomachaches, severe abdominal pains, and digestive discomfort.
- Dryness due to loss of bodily fluids.
Prevention:

- Make sure that all the food and drink that you take is clean.
- Cook food completely.
- Cover all foodstuffs and do not leave them exposed to contamination and insects; preserve them in refrigerators if possible.
- Wash any vegetables and fruit thoroughly.
- Do not consume food taken from unclean places; for example, food bought from street-vendors.
- Wash both hands well after using the toilet.
- Drink clean water, preferably bottled; make sure nothing that goes into your mouth has passed its expiration date.
- Try as much as possible to eat only with your fellow pilgrims (in your own Hajj group).
Part 3
Hajj and Chronic Illnesses

If you have a chronic illness, be sure to consult your physician before traveling, so that you may be assured as to whether or not you are fit to go on such a strenuous journey with your state of health; if so, be sure to take sufficient amount of medication with you.

Those with Chronic Illnesses

If you have been diagnosed with any one of the chronic illnesses: diabetes, high blood pressure, heart disease, asthma, epilepsy or nephropathy, then you must consult your physician regarding your ability to perform the obligation of Hajj any time soon.

If you are deemed fit for the journey, you may consider:

- Recording your health condition, the kind of illness you suffer from and the kind of treatment applied; all of which goes on your medical card
- Making sure the medication you take along with you for the journey is sufficient, and will last the duration of the whole trip,
- Taking along the medicine nitroglycerin (Glyceryl trinitrate; a tablet placed under the tongue) in a specified traveling bag, to use when necessary.

Diabetes and Hajj

Defining Diabetes:

It is a rise of the level of sugar in the blood, resulting from a total or partial deficiency of the hormone insulin. When the insulin level decreases, the body is unable to handle and benefit from the glucose (sugar) in the blood. Excess sugar in the blood can be affirmed by testing the urine of a person for glucose, or simply by its colour.

Issues the diabetic may face during Hajj:

1- Storing insulin, in case it is needed.
2- Radical fall of the level of sugar in the blood.
3- Radical rise of the level of sugar in the blood.
4- Irregular consumption of meals and medicine.
5- Foot problems.
6- Exposure to intense heat.

Do not forget to keep track of the level of sugar in your blood during the Hajj, by taking along the device used for measuring the sugar-levels.
Preserving Insulin:

The following must be done to preserve any insulin carried along during your Hajj journey:

1- Keep it refrigerated if a refrigerator is available.
2- Do not keep it in a freezer.
3- Keep it at room temperature during winter or in a cool place for no more than 4 weeks.
4- Keep it away from direct sunlight and intense heat.
5- While traveling:
   a. Do not keep it in the front of the car.
   b. Keep it in a special traveling case away from heat or in an ice pack.

Insulin is the hormone secreted by the pancreas, which is a gland in the top part of the abdominal cavity, to regulate the blood-sugar level. This hormone cannot withstand high temperatures and is optimally kept at 4°C.

Drop in Blood-Sugar Level:

The symptoms which the pilgrim may feel when there is a drop in his blood-sugar level include:

- Profuse sweating
- Hunger
- Inability to focus
- Strange behavior
- Palpitations
- Dizziness
- Headache
- Fainting and spasms

Do not forget the ice pack for preserving the insulin.

Preventing a drop of sugar in the blood

Be sure of the following:

- Consume meals at regular intervals.
- Do not overexert your muscles during the Hajj rituals.
- Regularly consult the Hajj group's physician to adjust blood-sugar level.
- Carry sugar cubes or sweets while performing the Hajj rituals, so you can take them when you feel the symptoms of a drop in blood-sugar level.
- Check the level of sugar in the blood after Tawaaif [circling the Ka‘bah], after Sa‘y [walking back and forth between the two hills of Safa and Marwah], and after throwing the pebbles, in order to ensure that there has been no drop in the blood sugar level.
Kidney Disease

Patients diagnosed with chronic kidney problems are advised to not exert strenuous efforts and to consume fluids regularly, in moderation, and with great caution. It is also advised to not consume large amounts of food, especially proteins, and to maintain their prescribed medication.

As for patients diagnosed with complete kidney failure who need regular dialysis, they must first arrange a dialysis operation, either in Makkah or in Jeddah, before embarking on the trip for Hajj. This matter is of utmost importance.

As for those with kidney transplants, we advise they keep to the prescribed regimen of medication and not be negligent. Likewise, keep all medicines in a cool place, like a refrigerator, at all times and do not expose them to heat.

- Dialysis patients must inform the medical delegation in Doha about their condition before traveling.
- Patients suffering from kidney stones are advised to drink about 3 liters of fluids every day.

Asthma

An asthmatic person must take extreme care in bringing the sufficient amount of treatment for the duration of Hajj. He must always carry his calibrated-dose inhaler, like Ventolin or otherwise, as prescribed by his physician. He should use it whenever the need arises, specifically an hour before any effort is exerted in the rituals, like Tawaaf, Sa’y, or standing at ‘Arafah. To the asthmatic patient, we say:

- Inform the Hajj group's physician of your condition.
- Carry your inhaler with you while performing the rituals.

Epilepsy

You must tell the medical delegation and the Hajj group's physician in order to prevent any dangerous medical emergencies and to deal with sudden epileptic fits. It is preferred to inform the Hajj group's physician in order to procure an escort for the pilgrim who has previously suffered epileptic fits. Of course, the patient must be sure to bring his medications and use them regularly.

What is Swine Flu?

Swine flu is a disease that attacks the respiratory system of pigs, caused by the A genus of influenza viruses, and it was first isolated in the year 1930. Cases of infection occur regularly among pigs and transmission of the flu to humans is not normal. However, it happens sometimes and there are cases of infection from one human to
another. This mostly happens between people found in the vicinity of pigs, but it is infectious nonetheless and there have been some recent outbreaks among humans.

**What are the symptoms?**

Symptoms of swine flu appear in humans to be similar to those of seasonal influenza, including a sudden rise in temperature, coughing, headache, muscle aches, and severe fatigue. Some of those who suffered from swine flu had symptoms including diarrhea, nausea and vomiting more than the regular flu. The situation may also develop into severe pneumonia which may lead to death. This viral infection ranges from slight to serious and the spread of this virus may threaten the general health of the population.

**How does the swine flu virus infect humans?**

The swine flu infection spreads via places contaminated by swine flu viruses or by mingling with those afflicted by it. The conditions for transmitting the swine flu infection from one person to another have been observed and have shown that swine flu is spread the same way as seasonal flu, i.e. through the moisture droplets released while coughing and sneezing of those already infected.

It is also possible for a person to be infected by touching surfaces contaminated by the virus, followed by touching one's eye, nose or mouth. It is also possible to contract the disease by shaking hands and kissing.

**What is the timeframe of infection from one person infected by swine flu to others?**

It is possible for those who are infected to pose a threat to others starting the day before symptoms appear. They are regarded as a potential source of infection as long as the symptoms remain, which could last for more than 7 days after the initial appearance of the symptoms. Small children are more likely to be potential sources of infection for longer periods of time.

**When must one consult a physician?**

Most people overcome the flu by just sleeping, resting, consuming fluids, and by taking medicine to lower fever and relieve pain; however, if the symptoms worsen and increase in severity, a physician should be consulted.

If you catch the flu and suffer from a rise in temperature, runny nose, sore throat, nausea, in addition to vomiting and diarrhea, you must quickly head to the hospital or the nearest medical center and avoid mingling with people in order to prevent spreading the infection.

If you or your child falls ill with the following symptoms, go directly to the emergency room:
In children:

- Fast breathing, skin turning blue
- Not consuming enough fluids
- Inability to wake up or communicate with people
- Feeling annoyed even when being carried
- Rise in temperature, skin eruptions
- Improvement in other symptoms, but with a continuing rise in temperature and severe coughing

In adults:

- Difficulty in breathing, unable to take deep breaths
- Pain and pressure on the chest or abdomen
- Sudden dizziness
- Feeling flustered and confused
- Severe and continuous vomiting

Is there a vaccine for swine flu?

Yes, a vaccine is available; it can be found at healthcare facilities while global supplies last.

Is treatment available for the swine flu epidemic?

Yes, the medicine "Tamiflu" is available to treat cases of swine flu.

Prevention:

Practicing proper habits of personal hygiene daily and other preventive measures like washing the hands properly, and so on, should provide the required protection.

Adhere to the following daily steps to guard your health and prevent the transmission of the disease:

- Use paper tissues when coughing or sneezing; immediately discard the used tissue into the trash.
- Wash your hands with water and soap several times a day, especially after coughing and sneezing.
- Avoid touching your eyes, nose or mouth with unwashed hands, as that helps to spread germs.
- If the symptoms of flu appear, quickly call the Hajj group's physician and minimize mingling with others to prevent transmitting the infection to them; use a mask that covers your nose and mouth to prevent spreading the virus.
Consult your physician before the trip to be sure you are not pregnant or to regulate your monthly period.

**Regulating the monthly period:**

In relation to women, it is possible to control the process and occurrence of menstruation during Hajj, as this process can be delayed by taking some medical pills to enable her to perform the rituals of Hajj completely.

There is no problem for a woman who has menstruated before traveling to perform Hajj, as another cycle is not expected before her return; but those women who expect to menstruate during the time of Hajj, may try to delay the menstrual process before its expected time – at least ten days before that time. This is done by taking two tablets of the drug Primolut-N daily, starting ten days prior to the expected start of the monthly period, then continuing to take the pills regularly until the completion of the rituals or at least until Tawaaaf Al-Ifaadhah [which is a pillar of Hajj]. This is possible for the woman who does not use contraceptive pills.

Consult your physician before the trip with enough time to regulate the period.

A woman who uses pills for contraception can continue using them without stopping until after completing the rituals of Hajj, and there is no need for her to use Primolut-N.

We advise every woman to consult her gynecologist before attempting to regulate her monthly period to provide recommendations suitable for each woman and to explain the possible side effects or harms.

Every woman has a unique constitution which is why she should consult her personal physician to know what is suitable for her.

**Pregnancy**

It is advised that a woman not attempt the Hajj trip while pregnant. She should consider delaying it until another time while she is not pregnant, so as not to be exposed to the risk of miscarriage and severe fatigue while pregnant, which presents a serious danger to her.

Generally, it is not advised for a pregnant woman to travel, especially in the first three and last three months of pregnancy.

If there is a pressing need for her to travel, then it should be in the most comfortable conditions.
**After Returning from Hajj**

Dear pilgrim, after you return to your home country, by the protection and care of Allaah, you must do the following:

1- Take sufficient rest.
2- Consult the healthcare center if you have any symptoms of illness.
3- Consult the healthcare center to take your preventive dosage of antibiotics (i.e. Ciprofloxacin) if you did not take it at the beginning of your return trip, before reaching your home country.
4- Avoid mixing with family and friends if you feel any symptoms of illness.

Do not forget to take Ciprofloxacin before departing the holy lands.