

101 Tips

Manual for a Healthy Hajj & Umrah

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Name

DOB

UK Address

Telephone

Next of Kin

Current medical
problems

Current
medication

Allergies

Year	UK Tour operator name, address and phone number

Dr Mohammed Jiva MBE

Dr Jiva qualified in 1994 from the University of Liverpool. Having embarked on training in general practice he completed his GP vocational training in 1998, Obtaining diploma's in Child Health (DCH), Obstetric and Gynaecology (DRCOG), Membership of the Royal College of General Practice (MRCGP) later being awarded Fellowship (FRCGP).

Dr Jiva has retained a position as a full time GP throughout his career and currently is a full time GP Principal at Peterloo Medical Centre, Middleton where he has been since 1999. He has held various management positions for various NHS organisations, he currently holds positions as Chief Executive Officer of Rochdale and Bury Local Medical Committee as well as Chairman of the Rochdale's GP Federation, Rochdale Health Alliance.

For over a decade Dr Jiva has worked with the British Hajj Delegation providing voluntary primary healthcare services to pilgrims in the Kingdom of Saudi Arabia during Hajj as part of a 9 GP medical team, he currently holds the position of Senior Medical Officer in the British Hajj Delegation.

Subsequently Dr Jiva has taken a key role in the development of voluntary primary care services for the homeless population in the borough of Rochdale (HART – Homeless Alliance Response Team).

In 2014 at the age of 44 he was honoured with a MBE for services to General Practice.



Introduction

Pilgrimage to the Holy city of Makkah at any time of the year can be physically and mentally demanding. Preparation in understanding the rituals during the pilgrimage is mandatory but to prepare good physical and mental health is necessary if the pilgrimage is to be pleasurable and completed in good health.

This manual with 101 tips is based on the experience of providing medical clinics during the period of Hajj in Makkah and Mina. A medical team of 8-10 GPs annually travel to the Kingdom of Saudi Arabia to provide free healthcare to predominantly British pilgrims.

British Hajj Delegation (BHD) is a not for profit UK registered charity (registration number 1151607). Each year the doctors make the intention to be part of the Hajj pilgrimage and take annual leave from their GP surgeries. The doctors also fund their own travel, accommodation and sustenance. Any donations received from the community are invested 100% into the welfare of the pilgrims in providing suitable clinical rooms and to purchase any medication required within the clinics. The medical team is blessed to be supported by pharmacist who freely donate a list of medications to support the medical clinics which allows the doctors to freely donate the medication to the pilgrims when clinically appropriate.

This manual is to be used as a reference document. There are areas within the manual to make your own notes related to your own mental and physical health. Advice from your own GP and specialists can be written into the manual to ensure all your health advice is within one document. The document can be taken on each pilgrimage to ensure any previous experiences are recorded and useful as future aid memoirs.

If you wish to know more about the British Hajj Delegation you can access the charity website at:

www.britishhajjdelegation.org.uk

Dr Mohammed Jiva MBE
Senior Medical Officer BHD

‘And proclaim to mankind the Hajj (pilgrimage). They will come to you on foot and on every lean camel. They will come from every deep and distant (wide) mountain highway (to perform Hajj), that they may witness things that are of benefit to them’ (Quran v.22:27,28)

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Preparation before travel

Tip 1

Making an intention to perform a pilgrimage should be the time to start preparing both physically and mentally to undertake the pilgrimage. Speak to your GP if you have pre-existing health problems to ensure all illnesses are well controlled before the date of travel. Ask about any local talks on the rituals of the pilgrimage at local mosques or community centres.

Tip 2

Talk to others who have performed pilgrimage before and learn from their experiences.

Tip 3

Choose your tour operator carefully, word of mouth from other pilgrims may be a start followed by discussion with tour operators of choice. Ensure you have proof of any payment made to the tour operator.

Tip 4

Ensure you have sufficient medication from your GP for any pre-existing illnesses (may be preferable to take more medication than required to cater for delays or loss of medication)

Tip 5

Take a photocopy of your passport id page and the visa page. This will be invaluable should your passport get lost.

Tip 6

Ensure you have your mandatory Meningitis ACWY vaccine at least 6 weeks before travel. This will provide cover for a 3-year period. Make sure you staple the vaccine certificate into your passport to ensure it doesn't get lost. Check following for latest vaccination guidelines:

www.travelhealthpro.org.uk/hajj-and-umrah

Tip 7

Read any books you plan to carry on the pilgrimage, filter the relevant articles and prayers that will be used during the pilgrimage. Minimise the number of books you carry to the bare essentials, carrying too many books may take you over your luggage allowance but more importantly result in back pain and other injuries.

Tip 8

Engage with your local Imam on whether health insurance is permitted or not according to your school of thought.

Tip 9

Ask your GP for the right side of your medication prescription which records your regular treatments. This will be useful should you require more medication whilst abroad or you fall ill. Take a picture of this prescription on your phone and keep the hard copy in a safe place.

Tip10

Check with your GP surgery whether other non-mandatory vaccines are available including flu vaccine, tetanus, typhoid and Hepatitis A & B.

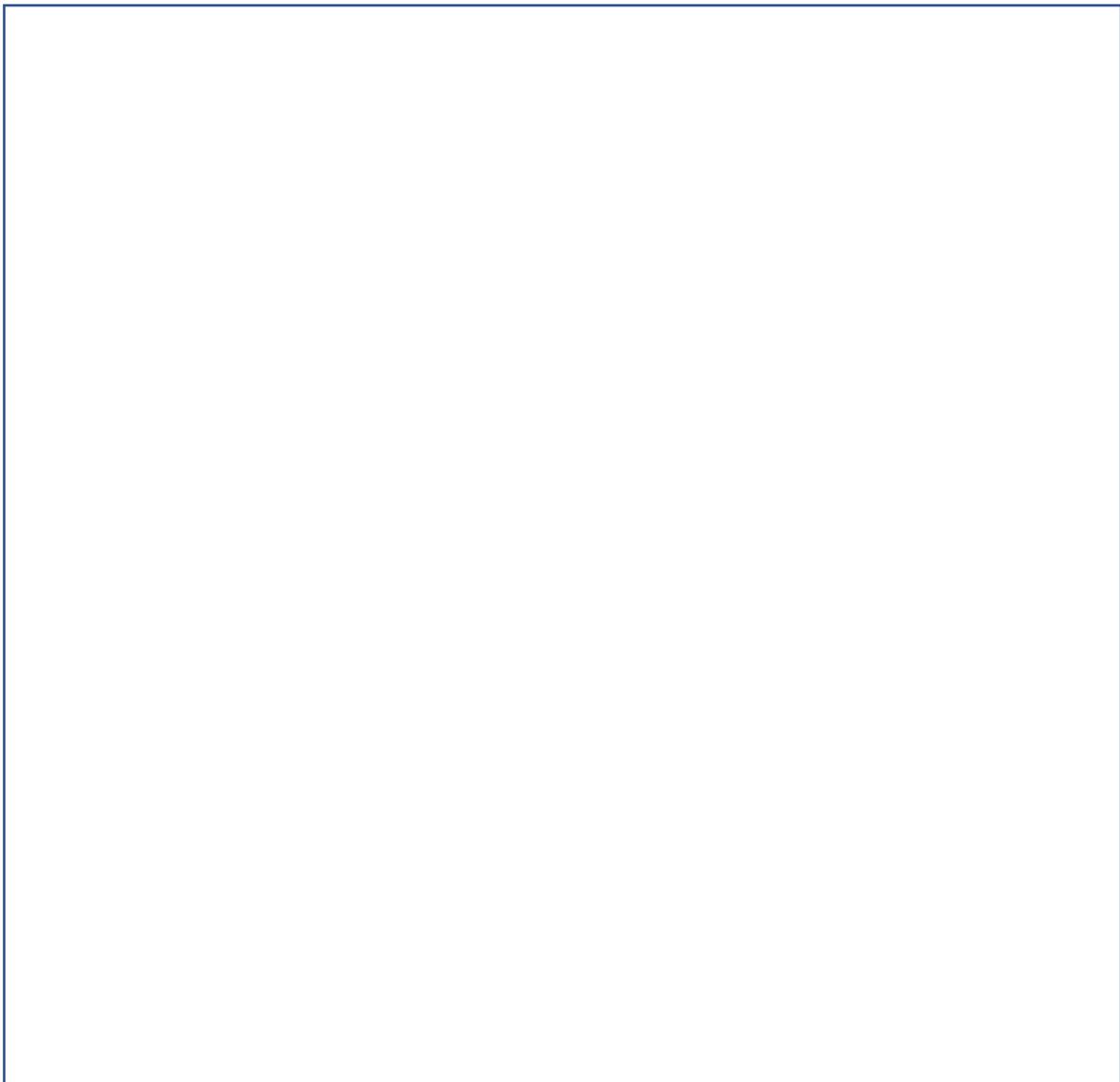
Tip 11

Check with your tour operator whether you will require a letter from your GP to carry medication on to the plane. If you plan to carry needles for insulin or other treatments then you may need a GP letter. A letter from your GP is not part of their NHS service and they may charge you for a private letter.

Tip 12

If you plan to take new slippers on your pilgrimage then start using them at least 4 weeks before flying out, this will allow time to soften the slippers and avoid foot injuries. Try and get used to walking a few miles per day in order to build up fitness if you are not very active or mobile.

My Notes

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Day of travel

Tip 13

Make sure you have the required medication for the day in your hand luggage (keep 24 hours of medication in hand luggage in case of delays). Rest of your medication can go in your suitcases.

Tip 14

Make sure your luggage is not over the allocated allowance for your airline tickets. Trying to reduce your luggage weight at the airport can be stressful and delays everyone else waiting to check in.

Tip 15

If heading to Makkah first then be clear on whether you plan to put your ihram on at home, at the airport or on the plane – putting on the ihram doesn't place you in a state of ihram until you make the niyat of ihram.

Tip16

Leave from home in good time to ensure any road works or car problems does not lead to you missing your flight. Get to the airport at least 3 hours before your flight.

Tip 17

When you get to the airport get a trolley for your suitcases, the check in lines will be long and a trolley will make pushing your suitcases much easier, don't forget your £1 coins for the trolleys.

Tip 18

On getting in to the airport make contact with your tour operator and follow their guidance and advise, they've done this for many years and know how to get you through check in quickly and efficiently.

Tip 19

Once through passport control stay close to the group and be aware of your departure gate.

Tip 20

Avoid coffee, tea, fizzy drinks at the airport. These will make you pass more urine, stick with still water both at the airport and on the plane.

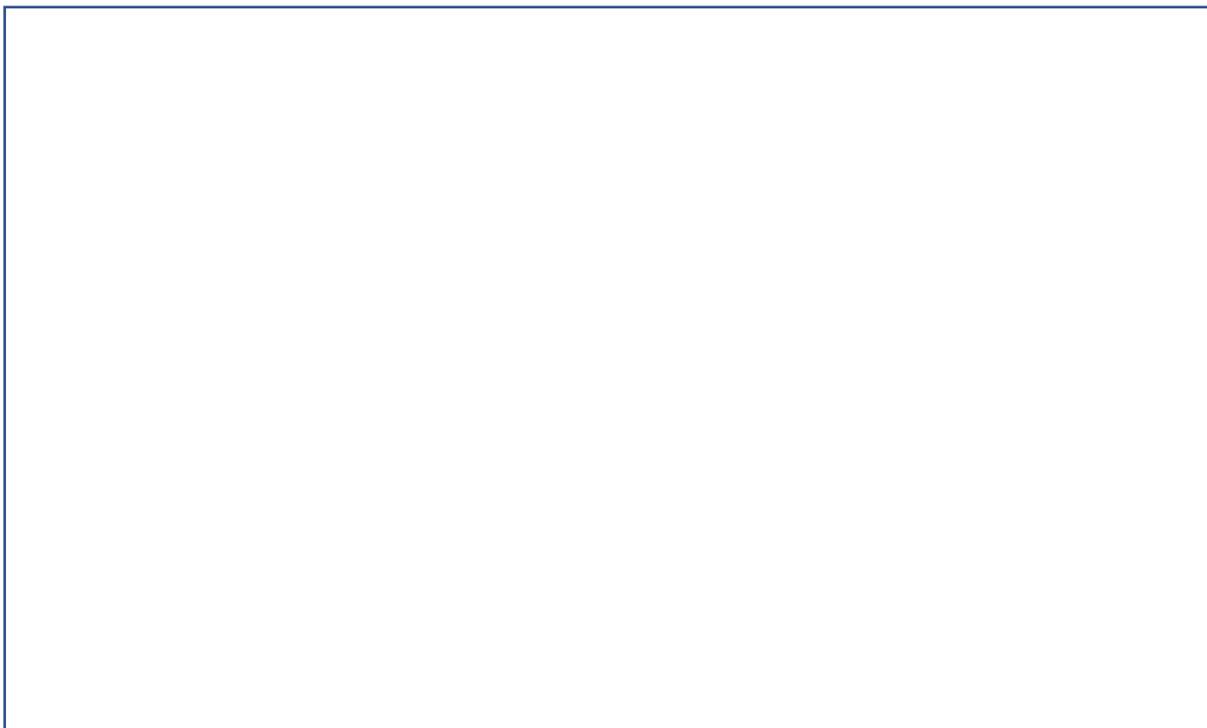
Tip 21

Try to get some sleep on the plane if you can, on arriving in the Kingdom of Saudi Arabia there may be long waits at the airport. Eat small meals at the airport and don't forget to take your medication on time. Make sure you get out from your seat and do foot exercises to reduce the risk of a deep vein thrombosis, furthermore, you can buy / wear compression socks or stockings which can help reduce the risk of DVT and fluid retention

Tip 22

On arriving at your hotel in Makkah/Madina have something to eat and drink, rest and refresh before going to Haram.

My Notes



Tawaf / Sae

Tip 23

In Makkah ask the tour operator the best time to perform your tawaf and saee, at mid-day it will be hot during the summer months.

Tip 24

If you can't safely get to Hadrat Aswad then don't try pushing your way in, you're likely to get hurt if not injure other pilgrims performing tawaf.

Tip 25

You may be guided by the police/army in the Haram to a specific floor, don't argue with them they need to ensure there are safe numbers on each floor to avoid injury

Tip 26

Depending on where you perform your tawaf the distance will vary from 0.5km on the ground floor (Mataf) to 2.5km on the roof. Although the distance may be more on the roof there will be a lot more pilgrims on the ground floor leading to much slower tawaf's and quite tight and compressing. Avoid crowded areas where possible to avoid injury.

Tip 27

Sae is 3km and easier to navigate than tawaf. In both tawaf and saee you may come across congregations from other countries who wear the same coloured outfits. They tend to move as one unit, resist any attempt to try and get in between them. Don't try to challenge them, move to one side and let them pass through otherwise it may lead to stress and possibly an injury.

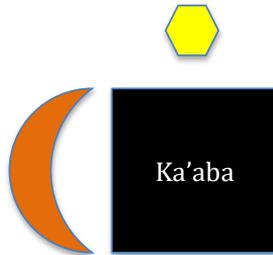
Although the distance around the Ka'aba when performing tawaf is less on the ground floor you have to consider that there will be a lot of hujjaj on the ground floor resulting in the crowd moving slowly and there is no shade on the ground floor. There is no shade on the roof but there is a lot less crowding and in peak times the compromise may be the 1st or 2nd floor which is about the same distance as the roof but under shade. For those who do their homework you will be able to gauge quieter times on the ground floor when the crowds may be less – be guided by your tour operator they'll have a good idea.

For Sa'ee it doesn't matter where you perform the ritual as the distance between the 2 mounts is the same on all the floors.

For those with difficulty walking there is the option of using a wheelchair for both tawaf and sa'ee that a family member can push (wheelchair can be hired from local pharmacies) or you can negotiate a price with the official wheelchair workers in Haram.

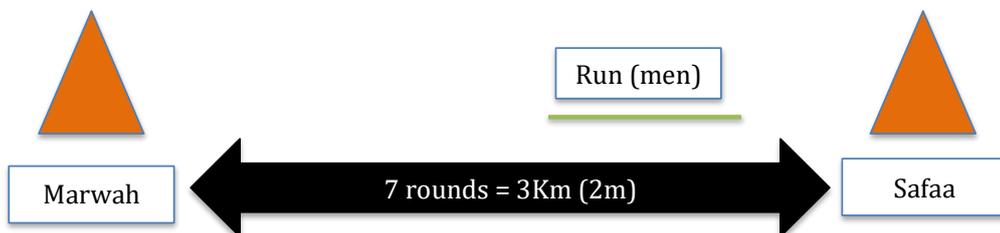
Tawaf Distance

7 Tawaf around Ka'aba on GROUND floor = 0.5Km



7 Tawaf around Ka'aba on ROOF floor = 2.5Km

Sa'ee Distance



Food and Drink

Tip 28

With temperatures soaring to 45 degrees drink water regularly. Avoid tap water in the hotel, stick with bottled water. As you sweat more your urine output will drop but if your urine is dark and offensive then consume more water as you may be getting dehydrated. In and around Haram there will be easy access to Zam Zam water, try to stick with the room temperature rather than the cold Zam Zam to avoid sore throat.

Tip 29

Eat food at the hotel or at restaurants / takeaways, avoid street food especially in Mina

Tip 30

If you are going out for pilgrimage during the hot season you may want to consider salt replacement therapy eg Dioralyte to ensure salt replacement from sweating.

Tip 31

Consider small meals with long acting carbohydrates eg bread, rice, pasta rather than sweets, chocolates and other sugary products which will cause severe fluctuations of blood sugar levels which may cause dizziness, tiredness and possible collapse.

My Notes

Ziyarat

Tip 32

Ziyarat is a good way to see the holy and historical sites around Makkah and Madina MW. Where possible go with group organised tours rather than picking a taxi from the streets. Wear appropriate clothes and footwear.

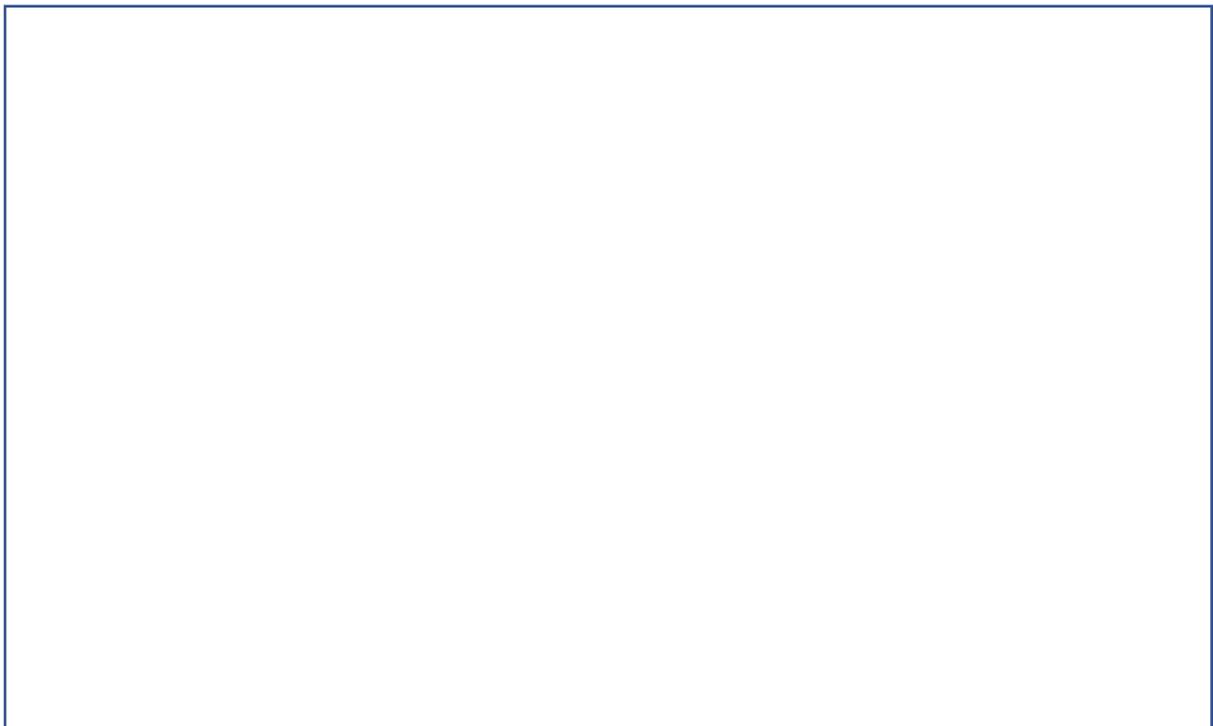
Tip 33

Take water and small snack as these trips may last 3-4 hours. Avoid buying food and fruit on the streets, if you do purchase fruit then ensure its washed before consuming.

Tip 34

Avoid climbing mountains and steep hills, especially before Hajj. An injury sustained during ziyarat may compromise your Hajj if you injure your ankle or foot.

My Notes



Mina

Tip 35

Mina the city of tents. Men and women will be in different tents with sleeping literally shoulder to shoulder. Ensure you have a good sleeping bag and ask tour operator if they supply mattresses or folding cushion chairs.

Tip 36

Mina has a hospital and Saudi health clinics but they are very busy with long queue times. If you need to attend ensure that your tour operator is aware and if possible sends a tour representative with you to ensure you don't get lost.

Saudi healthcare during Hajj is free (still have to pay for treatment from community pharmacies).

Tip 37

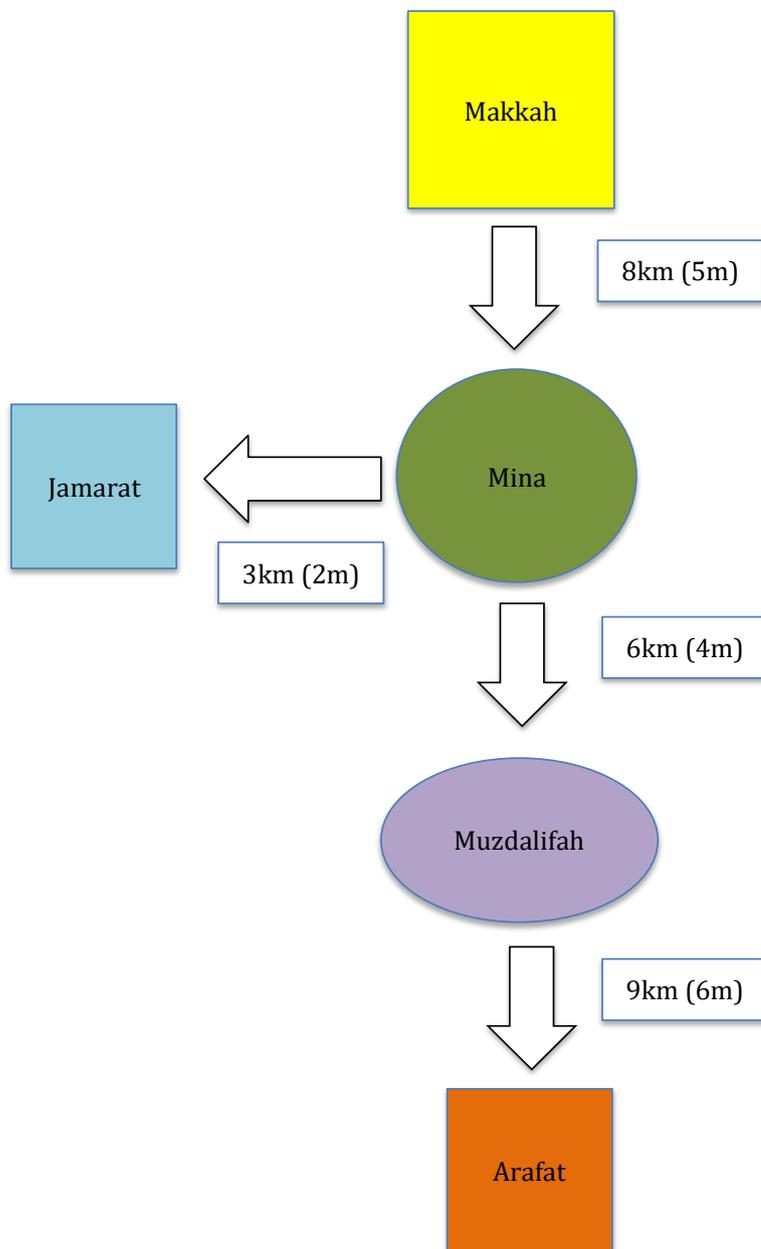
If you need medical assistance check the British Hajj Delegation website before leaving the UK or whilst in Makkah to find their location in Mina, consultations and treatment are free.

Tip 38

Each tent will have air conditioning, avoid sleeping in direct line of the air stream of the air conditioning unit.

Tip 39

Mina is a 'city' with street sellers and shacks. There are no formal shops, take few snacks but your tour operator should provide food during your stay if part of your Hajj package. Mina is a fascinating place with many pilgrims from all over the world but its easy to get lost, make note of key land marks near your tent and note the number on the large lamp post near your tent with street number.



The above diagram shows the distance between the different locations visited during Hajj. The distance is in kilometres (km) with approximate distance in miles (m) in brackets.

Tip 40

If you've not been to Mina before then the toilets may be a bit of a shock. The toilets are predominantly 'Asian' toilets with few scattered 'European' toilets. The shower head is located above the toilets so you undertake bodily functions and showers in the same unit. Limit what you eat and drink if you want to minimise your visits but ensure you drink sufficient to avoid dehydration as its usually hot in Mina.

Tip 41

During salah times the queue's outside the toilets and the wudoo areas may be 5 to 6 hujjaj deep and may take a while to get to the front. Use the facilities in between salah times rather than waiting until the last minute.

Tip 42

At the end of Hajj pilgrims will cut and shave hair around the wudoo areas. This will lead to used razor blades on the floor, watch where you walk, keep your slippers on and make sure any children stay with you and don't play around wudoo / toilet areas.

Tip 43

There is little to do in Mina so where possible try and catch up on sleep to allow your body to recover and heal.

My Notes

Arafat

Tip 44

'Arafat is Hajj'. When you get to Arafat plan your day, check with your tour operator on any planned prayer activities and timing of meals. Usually the day of Arafat is hot and can be tiring, planned well the day can be physically, mentally and spiritually very satisfying.

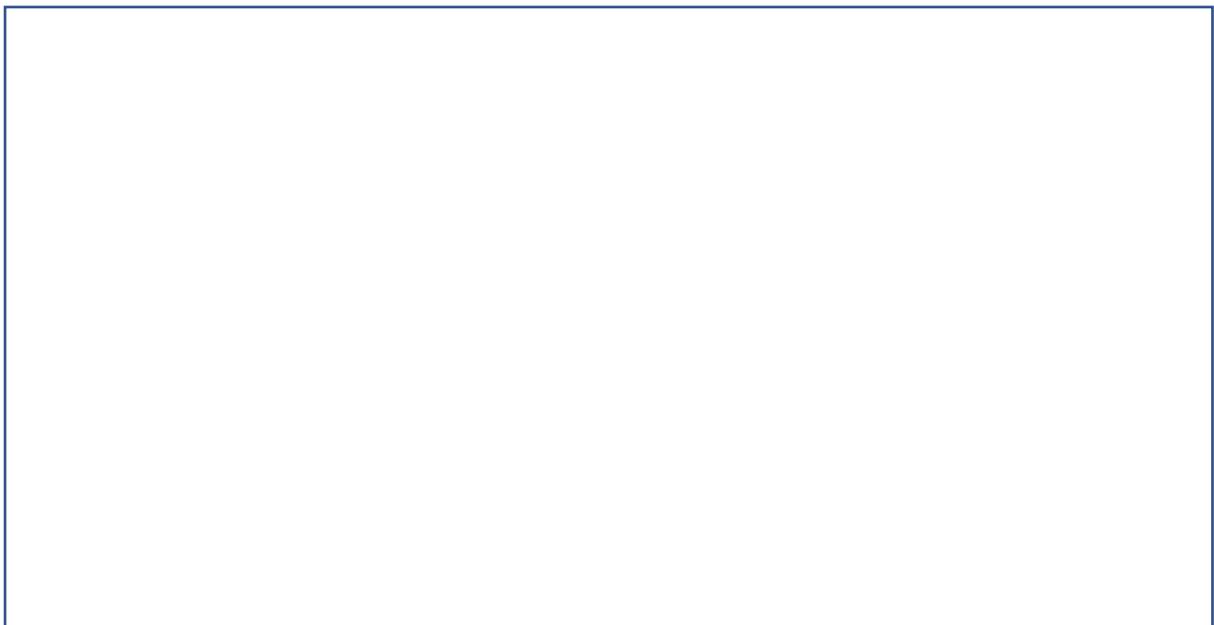
Tip 45

Avoid wondering out of your allocated 'compounds'. You will be allocated a tent and there will be local toilets and wudoo areas (similar to Mina) but the area will be surrounded by metal fencing, the compound. It's easy to get lost if you go wondering and may take hours to find your own tent if you get lost.

Tip 46

Before sunset the tour operator will guide the Hujjaj to a dedicated area to board coaches to head for Muzdalifah. The waiting may take hours and the coaches will be filled with no standing space. Have patience and tolerance and follow your tour operator guidance, they've done this year after year and know how to safely get you to your next destination.

My Notes



Muzdalifah

Tip 47

Spending the night in Muzdalifah can be relaxing but stick with your group, avoid sleeping near the entrance/exit to the 'compound' and avoid space in between different members of the group, if you leave space you'll wake up in the morning with a 'guest' next to you!

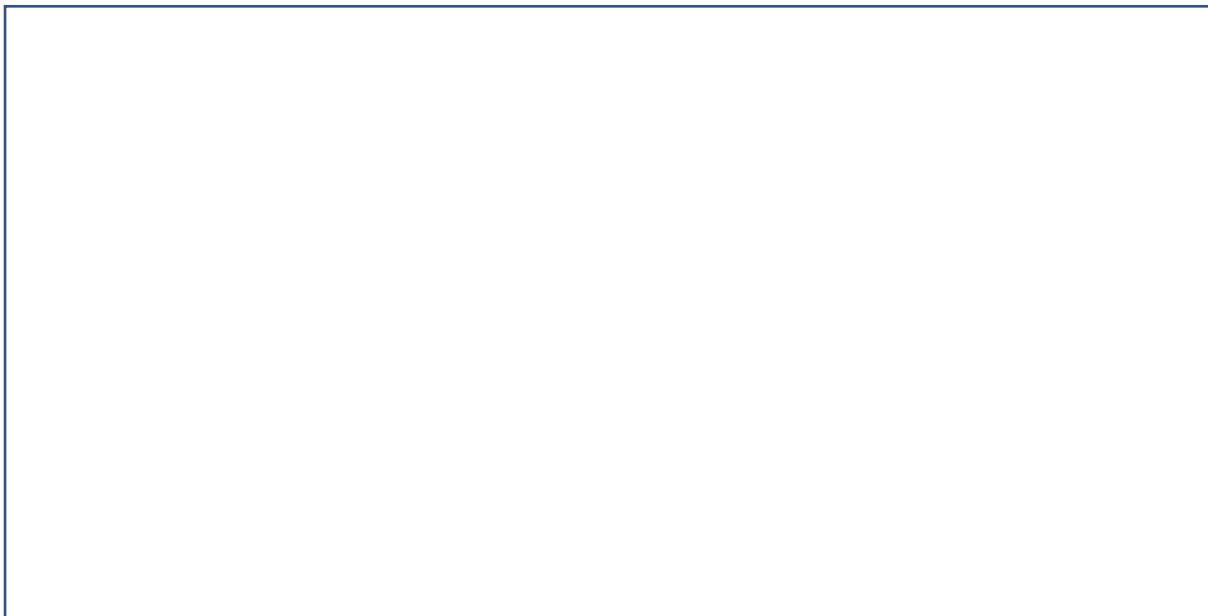
Tip 48

If you get to Muzdalifah and there's few people around then use the opportunity to use the toilet facilities and perform wudoo if required. Once the compound fills up the queues will quickly build up with long waiting times to use the amenities.

Tip 49

The following morning after Fajar salah discuss with your tour operator whether you plan to walk back to Mina or wait for coach transfer. It can be quite hectic getting onto coaches and may take some time but once on you can conserve your energy for the days rituals to Jamarat rather than using energy walking back to Mina.

My Notes



Jamarat

Tip 50

The first day after Muzdalifah can be a long day. When arriving back to Mina have something to eat, drink and relax. Wait for your group to prepare before leaving for Jamarat. The distance from Europa camp in Mina to Jamarat is 3km, take your time and don't rush – follow the crowd and you'll end up in Jamarat.

Tip 51

Try to use an umbrella to keep the sun off your head and drink water throughout the journey to avoid getting dehydrated. There are water taps on route which provides clean drinking water.

Tip 52

Once you arrive at Jamarat, avoid rushing to the closest part of the wall, it can be busy and dangerous. Usually the rear part of the wall is safer and easier to get to the edge of the wall but plan your course of action than rushing in.

Tip 53

Once leaving the different levels of Jamarat there are water fountains outside to rehydrate yourself. Watch out for the razor blades on the floor. There are Saudi approved barbers at the bottom of the ramp on leaving the Jamarat for those who want to shave their heads.

My Notes

After days of Hajj

Tip 54

Address any illness or injury that may have occurred during the days of Hajj. Seek medical assistance if you cannot self-manage your ailments.

Tip 55

After Hajj it will be busy in Makkah. If you cannot get into Haram for salah then praying on the streets will be hot and the road tarmac will be hot. Cardboard under your pray mat tends to insulate against the hot road.

Journey Home

Tip 56

On the day of travel ensure your luggage is not over the allowance for your flight ticket, check with your tour operator the allowance for Zam Zam to take home and ensure you have the required medication in your hand luggage on the way home.

Tip 57

For those who are flying into the UK and have a connecting domestic flight be aware that your luggage allowance may be less for your domestic leg versus the international leg of the journey, this may result in over weight charges.

My Notes

Blisters

Tip 58

A blister is a bubble that forms following friction of the skin on the feet. This can result from poor footwear or wet feet from non-absorbent socks. Use nylon socks rather than cotton socks when not in a state of ihram. Consider specialist plasters to avoid developing blisters such as Engo Blister Prevention Plasters (available on internet), consider powders such as 2Toms Blistershield Powder and have well-fitting shoes.

Tip 59

If you develop a blister and its painful then DON'T pop the blister yourself, seek medical help. Popping it yourself may lead to infection making things worse. Small blisters may be managed with specialist plasters such as Compeed which are available in most UK pharmacies and should be part of your first aid pack.

Foot and ankle swelling

Tip 60

In the absence of pre-existing medical problems such as heart failure, kidney failure, liver problems, pregnancy, lung disease and malnutrition the swelling is likely to be oedema (water collection) in the tissue around your ankle and feet called 'postural oedema'. This will occur with prolonged walking and in heat.

The treatment is usually rest and leg elevation to allow the water to be absorbed back into the blood stream and allow the swelling to resolve. If swelling is associated with breathlessness then seek medical assistance. If you're overweight then weight loss before your pilgrimage may reduce the risk of foot swelling (consider compression stockings).

Insect bites

Tip 61

Most insect bites are not serious and will resolve without treatment. If the surrounding area becomes painful, red and starts spreading you may require antibiotics. In Saudi Arabia the pharmacist should be able to assess and provide appropriate medication.

Tip 62

To avoid insect bites avoid strong scented perfumes and consider insect repellents with 50% DEET. Usual precautions of long sleeve tops and shoes instead of slippers when out of state of ihram will also help.

Exception:

[Narrated Aisha (RA), the wife of the Prophet (SAW): I used to scent Allah's Messenger (SAW) when he wanted to assume Ihram and also on finishing Ihram before the Tawaf round the Kabba (Tawaf -al-Ifada) {2:612-O.B}]

Hajji Cough

Tip 63

Hajji cough is a viral infection. With millions of pilgrims in the same venue from around the world it is highly likely that you will come across viral infections that you have previously not had exposure to. As well as cough you may suffer with a sore throat, temperature, aches and pains and a hoarse voice. The infection may last 4-6 weeks and in most cases will resolve on its own. Usually antibiotics are NOT required and fluids and paracetamol should be sufficient.

Tip 64

Face masks are ineffective in preventing the catching of the virus. After an hour as the mask becomes moist from breathing the mask is more likely to attract infection than prevent infection. Stick with regular Zam Zam water to flush the body of infections and toxins and keep you well hydrated.

Tip 65

If you're entitled to free NHS flu vaccines then book in with your GP. May not necessarily prevent you getting Hajji Cough but may reduce the risk. If you are not entitled to free flu vaccine then you can pay for the vaccine at most superstores. Vaccine is available usually late autumn and through winter.

Middle East Respiratory Syndrome

Tip 66

Caused by a virus. First identified in 2012 in Saudi Arabia. Symptoms can be similar to a common cold but can extend to severe breathing problems and diarrhoea. There is no vaccine against MERS virus. Best whilst on pilgrimage to avoid touching any camels, avoid raw and uncooked animal products but safe to consume after cooking or pasteurization

Sore throat

Tip 67

Sore throat can be caused by a number of different illnesses including viral and bacterial infections, smoking and acid reflux. Treatment is plenty of fluids, analgesia such as paracetamol or ibuprofen, avoid smoking and throat lozenges and sprays may help.

Good foot hygiene

Tip 68

Your feet will endure a lot of physical trauma whether its performing multiple tawaf or walking from venue to venue during Hajj. Ensure that any pre-existing feet problems are treated before leaving the UK. Regularly wash and moisturise feet before and during your pilgrimage (avoid moisturising in between toes as it may lead to fungal infections)

Tip 69

Have adequate foot wear. Avoid spending the whole pilgrimage in 'Hajji slippers' as they provide poor support. Ensure a good pedicure to avoid nail injuries. 6 months prior to your pilgrimage start walking starting with short distances but gradually build up to 3miles to ensure your legs can tolerate the distance.

Tip 70

Use nylon socks rather than cotton socks. Keep your feet elevated when resting to reduce any swelling and if you have any pre-existing health problems like diabetes then ensure your nurse checks your feet before you leave for the pilgrimage.

Long Term Conditions

Tip 71

Long term conditions are illnesses that require ongoing medical assessment and treatment. For all conditions below ensure you have an assessment with your practice nurse at your surgery, all illnesses are stable and well controlled, you have sufficient medication for the pilgrimage and any guidance on what you can do if you have an exacerbation of your illness. Don't forget you are entitled to free flu vaccines when available.

Asthma / Chronic Obstructive Pulmonary Disease (COPD)

Tip 72

Both asthma and COPD are breathing problems which if poorly controlled can cause difficulty in breathing and may lead to being admitted into hospital. Both conditions can get worse in smoky, dusty, hot and dry environment, just what you will be coming across during the pilgrimage. To add to this there will be air pollution from vehicles as well as the need to travel long distance especially during Hajj which will adversely affect your breathing. Avoid any of the above risk factors if possible, take your time, rest when you need to and ensure you always have your reliever inhaler on you at all times (blue inhaler in most cases).

Tip 73

Speak to your GP about an emergency pack in case you have a flare up of your breathing problem. This may consist of a course of antibiotics and oral steroids. Starting these at the first signs of a flare up may just stop you going into hospital.

My Notes



Heart Problems

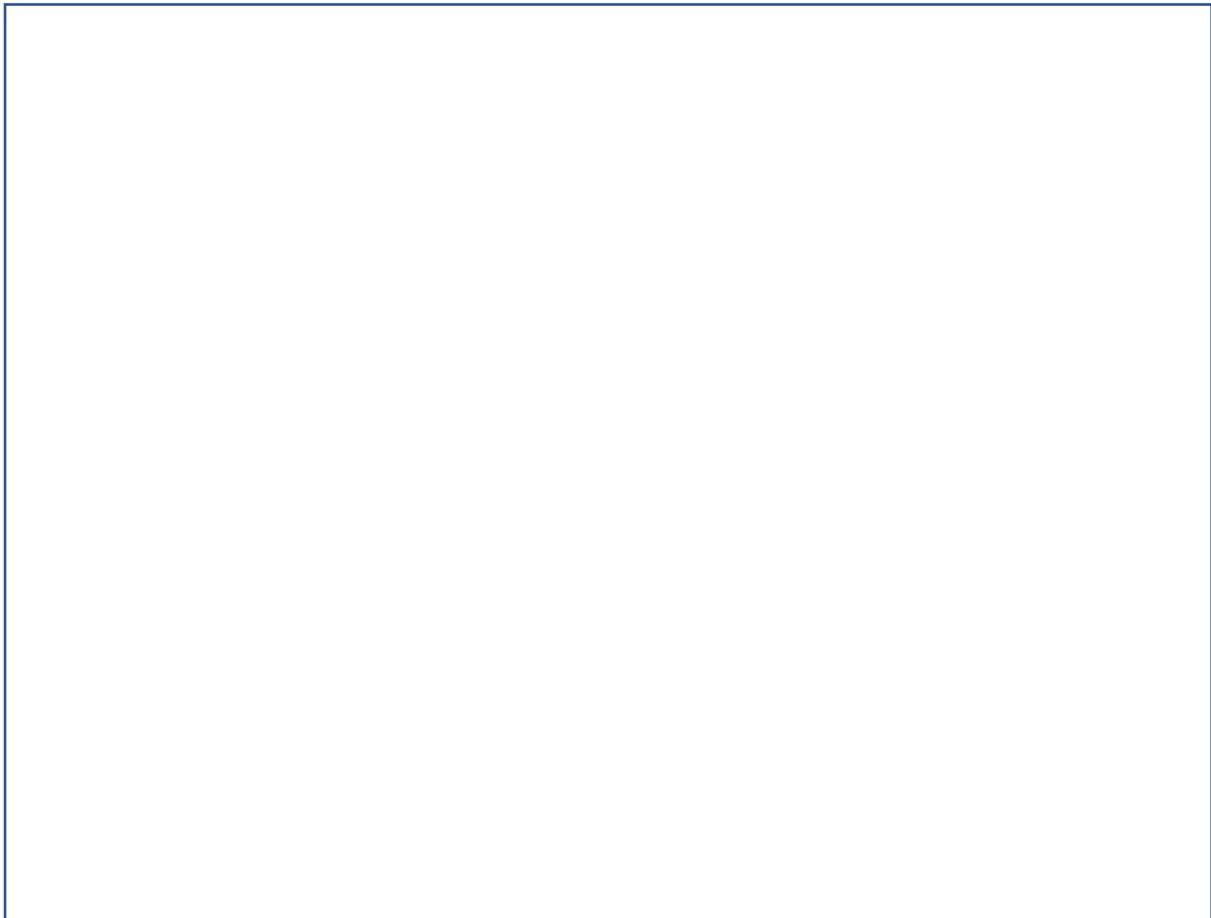
Tip 74

Your heart is the pump of the body, it pushes blood to all your organs. Exertion / exercise will naturally increase the rate at which your heart beats -this includes performing tawaf, saee and the rituals associated with Hajj. A weak heart may not be able to undertake the exertion which can lead to heart failure or heart attack. Before buying a ticket for pilgrimage check with your GP on whether your heart is strong enough to perform the pilgrimage.

Tip 75

If you have a GTN spray carry it with you at all times. As with other long term conditions take your medication on time and if you get any chest pain then stop and rest, if it doesn't get better then seek medical help. Make sure your blood pressure is well controlled.

My Notes



Diabetes

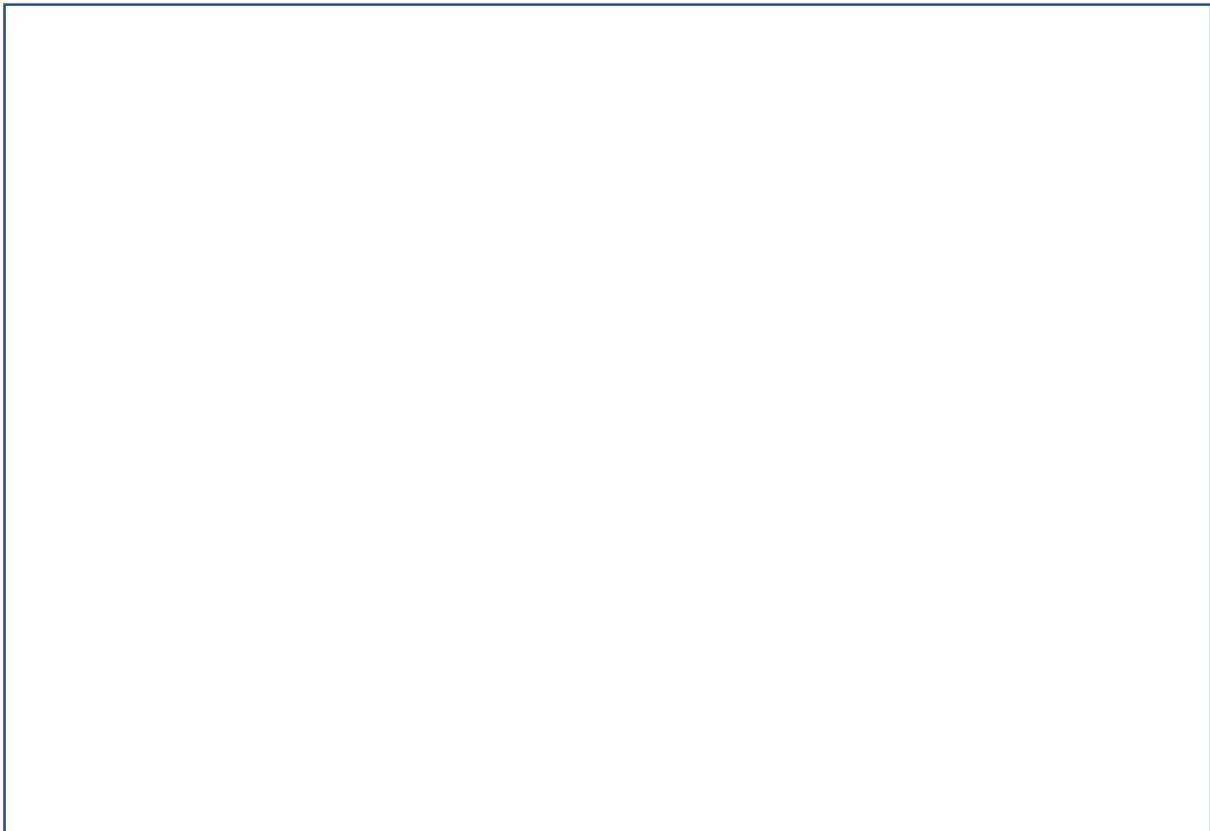
Tip 76

Diabetes is a condition related to sugar in the blood stream. Insulin is the hormone related to this condition and either the body is not producing enough of the hormone or the body is not reacting to the hormone leading to excess sugar levels in the blood. Key to diabetes is understanding the type of diabetes you suffer with, what makes it better and worse and what to do when it gets worse.

Tip 77

Eat small regular meals, drink fluids regularly to avoid dehydration and ensure you carry quick acting sugar tablets / gels in case your sugar levels drop to a low level – talk to your practice nurse who will be able to guide you on suitable treatments. If you have a BM machine ensure you have sufficient strips.

My Notes



Epilepsy

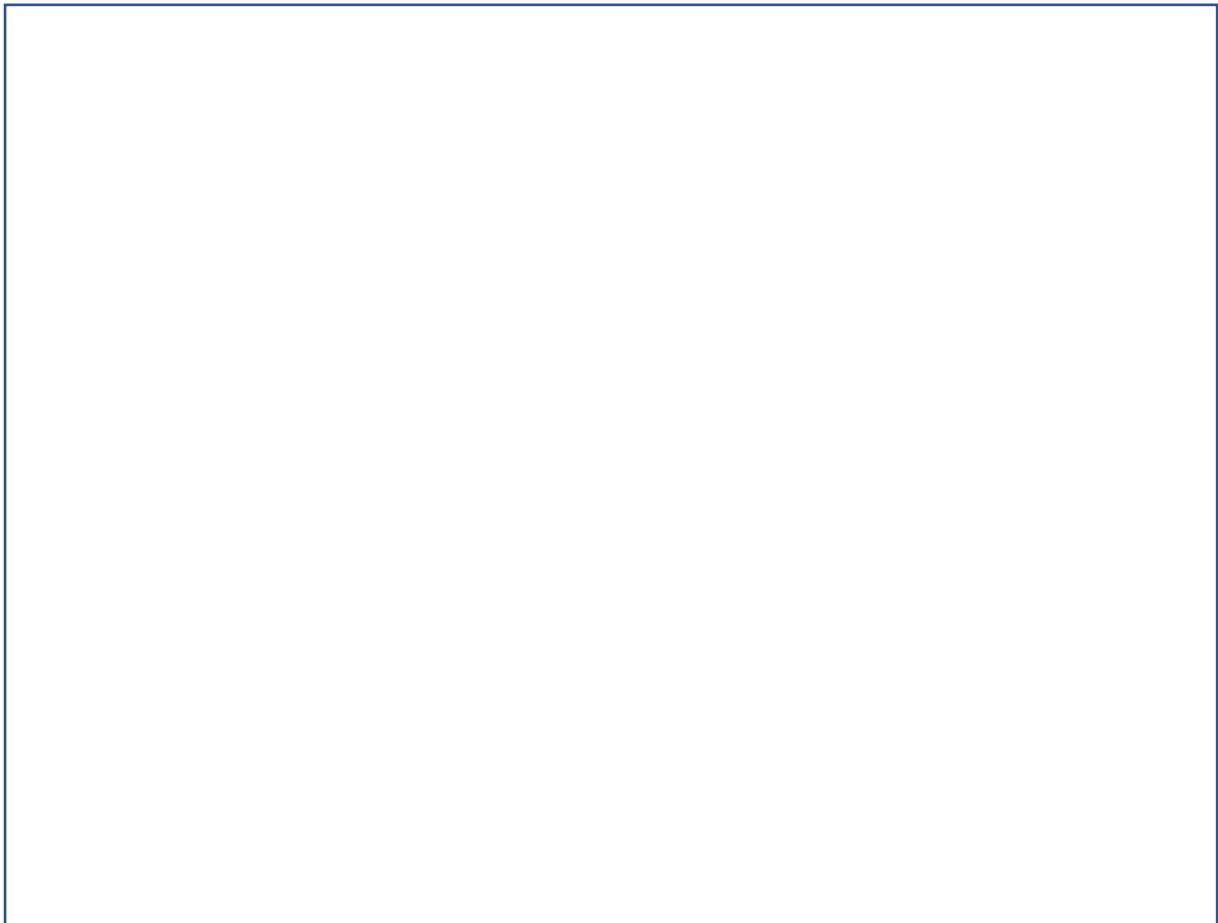
Tip 78

There are various different forms of epilepsy. The most distressing to observe is the 'grand mal' type where the person loses consciousness and the whole body shakes violently. If you are present and witness this form of seizure then do not try to stop the shaking as you may get injured and never put your hands near the persons mouth, they may just bite off your finger!

Tip 79

If you witness a seizure then clear the surrounding area, move any nearby furniture, place a cushion under their head if safe to approach, loosen any tight clothing around the neck and once the shaking stops place them on their side until they recover.

My Notes



Mental Health

Tip 80

Pilgrimage can be a stressful event for those with good strong mental health. For pilgrims suffering with pre-existing mental health problems a pilgrimage can be a challenging time. People get pushed, heavy crowded areas and being told what to do and where to go by the authorities to ensure public safety can all lead to deterioration of an individuals health. Conversely the peace and tranquillity in both Haram's (especially in Madina MW) can calm the mind and provide good mental health.

Tip 81

The following guidelines from 'Saudia' airline (likely to be similar for other airlines) would apply to individuals with pre-existing mental health problems:

- Carriage may be refused if the passengers medical condition may threaten passenger's safety or property on board and subject the aircraft and crew to any hazards
- If the passenger does not comply with the aircraft transportation and safety requirements imposed by international organisations, national law and local government authorities
- Saudia has the right not to participate in the international carriage and the connecting flights of sick passengers and those who need medical assistance in the following –
 1. If the passengers conduct, physical or mental condition does not make him able to care for himself without assistance unless accompanied by escort who will be responsible for caring for them and despite the escort caring for them they will require no assistance from the Saudia staff
 2. Passengers who may be a source of infection or discomfort to other passengers
 3. Passengers whose carriage despite special precautions will be hazardous to them and to other passengers
 4. Passengers who cannot use the standard airline seat in the upright position when requested during takeoff or landing

Beware of the above restrictions before booking a ticket to perform a pilgrimage.

Tip 82

If you have a pre-existing mental health problem try to seek guidance from a doctor who may have undertaken a pilgrimage and understands the demands of a pilgrimage both physically and mentally.

My Notes

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Pregnancy

Tip 83

Pregnancy has a significant demand on your body. The blood volume increases but becomes more diluted which with the increasing weight will make you tired and breathless. You have to seriously ask the question why you are performing a pilgrimage whilst pregnant, why not wait until after the pregnancy.

Tip 84

Below are guidelines provided by the airline 'Saudia' regarding their rules on carriage of pregnant women:

It is the duty of the pregnant passengers to advise 'Saudia' of the progress of their pregnancy at the point of booking of seat and at the check-in counter. The carriage of pregnant passengers is subject to the following conditions:

1. Pregnant ladies are authorized to travel up to the 8th month without medical clearance (make sure you're less than 8 months pregnant on the return journey to the UK).
2. Medical clearance will be required if:
 - a) Child birth is expected in less than 4 weeks
 - b) Uncertainty exists over the progress of the pregnancy and the date of delivery
 - c) There were previous multiple births, childbirth complications are expected
 - d) A medical certificate must be issued within 7 days of the flight date
3. The passenger will be refused carriage if the pregnancy is 35 weeks and above.

Other airlines are likely to have very similar expectations, check the requirements of the airline you propose to fly with BEFORE you book your package tour.

Menses (Periods)

Tip 85

Menses will interfere with parts of your religious rituals. If you are expected to have your monthly cycle during the pilgrimage then speak to your GP before leaving the UK to discuss medication available on the NHS which can help delay menses until you complete your pilgrimage.

My Notes

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Pharmacies

Tip 86

Pharmacies are easily accessible in both Makkah and Madina MW, less so in Mina with no pharmacies in Arafat and Muzdalifah. Pharmacists in Saudi are able to sell most medications including antibiotics without a prescription. Presenting at a pharmacy the pharmacist will take a brief history before recommending suitable medication to purchase. Be aware that a medical examination is not part of the service beyond a visual inspection of any skin infection or injury.

Tip 87

There are medications that are illegal in Saudi Arabia and may carry severe penalties. Check with your GP if there is suitable alternative medications which are permitted during the pilgrimage. Some of the medications that will raise concern include morphine, pethidine, codeine and benzodiazepine including temazepam, nitrazepam and diazepam. These treatments are available in the hospitals but require special prescriptions.

First Aid

Tip 88

Minor injuries are likely especially during Hajj. Having awareness of simple first aid and how to use first aid products may save time in waiting in queues to seek medical assistance. Have at least one person in the group who is familiar with first aid including how to clean and dress wounds, manage injuries such as twisted ankles and back pain and awareness of when to ask for medical assistance.

Tip 89

Below is a table of medications available in UK pharmacies that you can take with you on your pilgrimage:

Problem	Treatment
Itchy rash	1% Hydrocortisone
Fungal rash / Thrush	Clotrimazole cream
Preventing rash between thighs	Vaseline
Sore throat	Lozenges
Sore throat	Difflam Spray
Sore throat / pain / fever	Paracetamol / ibuprofen
Acid heartburn	Esomeprazole
Constipation	Senna
Diarrhoea	Loperamide
Salt replacement	Dioralyte
Allergies	Loratidine / Piriton
Moisturising cream	E45 / Aqueous cream
Blisters	Compeed
Dressings	Inadine / dry / melonin
Dressing tape	Micropore
Simple Injuries	Elastoplast
Blister prevention	Engo Blister Prevention patches

If you are on regular medication from your GP then check with the pharmacists that none of the first aid medications above will interact with your usual treatment.

My Notes

Tip 90

www.gov.uk/foreign-travel-advice/saudia-arabia will provide the latest travel advice from the FCO, you can even subscribe to stay up to date via emails and texts

Tip 91

The FCO can help issue emergency travel documents if you should lose your passport

Tip 92

Provide help and advice if you have suffered sexual or physical assault, a victim of serious crimes, ill or in hospital

Tip 93

Providing help following the death of a British national. Make special arrangements in cases of terrorism, civil unrest or natural disasters

Tip 94

Provide details of local lawyers, interpreters, doctors and funeral directors

Tip 95

Research the local laws and customs – more information is at www.gov.uk/foreign-travel-advice/saudi-arabia

Tip 96

The **FCO CANNOT** become involved in disputes between you and your tour operator, for example about your accommodation or any baggage which may be lost or rearrange your travel bookings.

Tip 97

The **FCO CANNOT** give you legal advice or translate formal documents.

Tip 98

The **FCO CANNOT** investigate crimes, get you out of prison, or interfere in civil or criminal court proceedings.

Tip 99

The **FCO CANNOT** carry out searches for missing people.

Emergency Contacts

Tip 100

Below is a list of emergency numbers that may be useful whilst on pilgrimage:

Service	Number
Police / Road Traffic Accident	999
Fire	998
Ambulance	997
British Consulate General, Jeddah	+966 (0)12 622 5550
British Embassy Emergency Contact	+966 5010 04268
British Pilgrim Guide Office	+966 12 542 7003
Ministry of Hajj Contact Centre	8004304444
Ministry of Hajj (Makkah)	012 557 1714

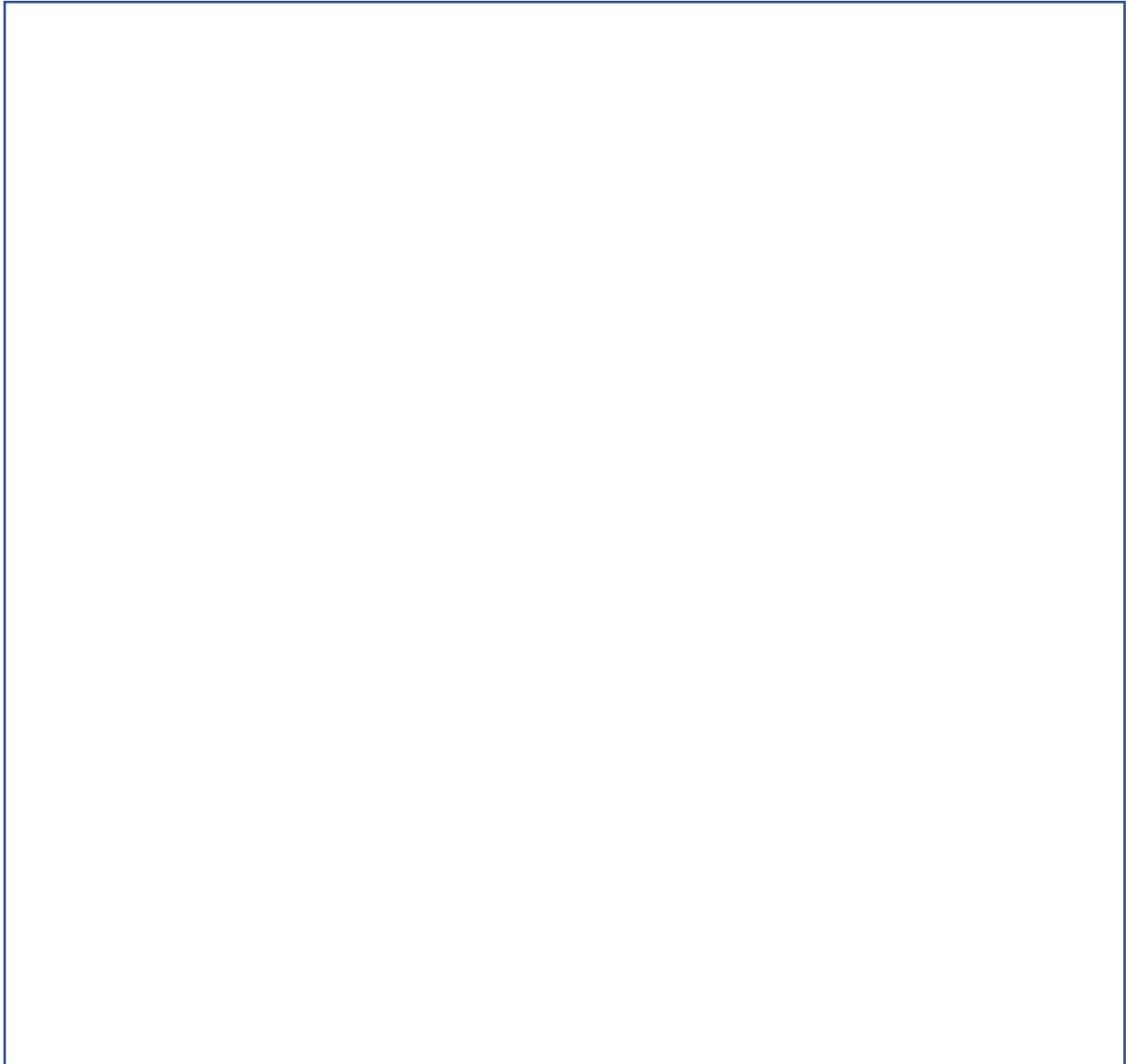
Tip 101

Finally if Allah (SWT) wills the doctors from the British Hajj Delegation will be available during the Hajj season, contact details and further information will be available on the charity website:

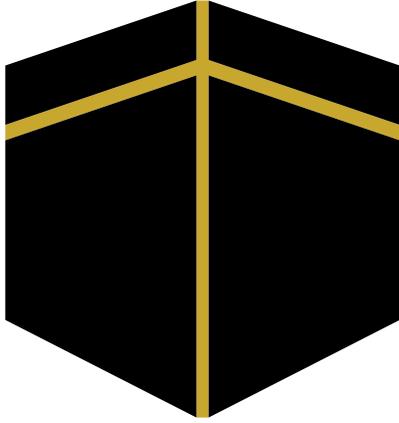
www.britishhajjdelegation.org.uk

If you wish to support the hujjaj through the delegation you can make donations through the British Hajj Delegation website above.

My Notes



Narrated Abu Huraira (RA): The Prophet (SAW) said, 'Whoever performs Hajj for Allah's sake only and does not have sexual relations with his wife, and does not do evil or sins then he will return (after Hajj free from all sins) as if he was born anew' [2:596 – OB]



British Hajj
DELEGATION

بعثة الحج البريطانية



The British Hajj Delegation for almost two decades has sent a team of doctors to the Kingdom of Saudi Arabia during the Hajj period to support pilgrims undertake a healthy physical and mental pilgrimage. This manual has been compiled with over a decade of practical front line experience delivering medical clinics in Makkah and Mina during the Hajj period.

This practical document will guide you on how to remain healthy but also provide advise on what you can do before you leave home and what you can take with you in the event you fall ill and need to self medicate.