

To protect your health and health of others during Umrah and Hajj ..



Cover your mouth and nose with a tissue when you cough or sneeze. Put your used tissue in the waste basket. If you don't have a tissue, cough or sneeze onto your upper sleeve or elbow, not your hands.



Wash your hands thoroughly and regularly with soap and water or other waterless disinfectants, especially after coughing, sneezing and using the bathroom, and observe your personal hygiene.



Use disposable shaving razors and avoid sharing personal hygiene tools as this may lead to infection with serious diseases such as hepatitis B and C.



To avoid sun stroke, use an umbrella and stay away from direct sun exposure as much as possible, drink plenty of fluids and have a rest.



Use masks in crowded areas, replace it as per the instructions of the manufacturing company and it should be removed from ear loops not from the front of the mask, then wash hands with soap and water after removal.



Kindly, put the waste in a garbage bag and throw it in the trash bin.



Avoid exposure to blood and body fluids or secretions (stool, urine, mucus) of other persons. Refrain from spitting on the ground and use the tissue for that.



Avoid eating exposed foods prone to contamination.



Wash your hands thoroughly with soap and water or waterless disinfectant, especially before preparing and serving food and prior to eating.



Check expiration date on canned or wrapped food.

How to protect yourself from food poisoning during Umrah and Hajj ?..



Ensure cooking food properly and consume it directly after cooking or keep it in the refrigerator.



Ensure washing fruits and vegetables thoroughly before eating.



Remember that storing cooked food for more than 2 hours at room temperature or in buses causes growth of germs and consequently may cause food poisoning.