



الجمعية السعودية للسكر والغدد الصماء
SAUDI DIABETES & ENDOCRINE ASSOCIATION

Your Health and Safety after Hajj



Introduction

It is a great feeling and a blessing of returning home safe after performing Hajj which is one of the Islam fundamentals especially if return home healthy and without medical complications. The journey of health care for safe Hajj starts prior to Hajj and continuous during and after Hajj, but practicing Hajj requires a lot of energy, walking long distances, irregular eating, muscles strains, and excessive exposure to heat and sunlight. Some pilgrims may also experience respiratory problems due to infection from others in crowded areas.

Others may experience problems in their gastro-intestinal tracts, including diarrhea, vomiting, nausea, and the reasons for these could be consumption of unsafe and contaminated food and beverages. To be safe and healthy and to avoid any further health complication or infection in your body and to protect your family members when return home due to variation in viruses' incubation period that may takes days or weeks, it is recommended to consult your doctor for health evaluation and adhere to the following health and safety tips from Saudi Diabetes and Endocrine Association:

- Take adequate rest and sleep well, and eat healthy and safe meals, snacks and beverages and divide them into six small meals rather than three large ones.
- Be hydrated and drink adequate amount of fluids mainly water (two liters a day).
- Keep your blood sugar level controlled, monitor it several times per day and consult your doctor in case of high or low levels of blood sugar, and check your blood pressure and make sure it is controlled.
- Report to your doctor any allergic reactions, and the time of onset of illnesses' symptoms or skin problems such as rash, cuts or wounds, or if you experience insects' bites in your skin. It is recommended also to consult your doctor if you experience problems in your feet or loss of sensation or changes in your feet color or if you were exposed to sharp objects in your feet or skin, or if you shared sharp tools with others such as blades or shaving machines.
- Continue practicing Hands hygiene thoroughly and several times a day.
- Use handkerchief to cover your nose and mouth when coughing or sneezing, and dispose them in the garbage bin safely, then wash your hands thoroughly with soap and water or hands sanitizer.
- Take your medications as advised by doctor in case he or she prescribes for you, and report any changes in your health to medical team.
- Avoid active or passive smoking and perform moderate exercises regularly.

