



PREPARE FOR A HEALTHY HAJJ OR UMRAH TRIP

The Hajj is the largest annual gathering in the world. Almost three million Muslims attend this spiritual pilgrimage in Mecca, Saudi Arabia. Umrah, a similar pilgrimage, can also be very crowded with pilgrims arriving in Mecca from all corners of the world throughout the year.

Due to the large number of people at these gatherings, there may be an increased risk for the **Middle East Respiratory Syndrome Coronavirus (MERS-CoV)**. MERS-CoV is a virus that causes severe respiratory illness. It has been identified in some countries in the Middle East, including Saudi Arabia.

While the risk for most travellers is very low, you can take precautions to ensure you stay healthy before, during and after your pilgrimage.

TAKE THESE SIMPLE STEPS TO PROTECT AGAINST MERS-COV:

See a health care provider or visit a travel health clinic at least six weeks before you travel.

Wash your hands frequently or use alcohol-based hand sanitizer if soap and water are not available. It's a good idea to keep some with you while you travel.

Avoid touching your eyes, nose and mouth with your hands. Cough or sneeze into your arm, not your hand. If you use a tissue, throw it out right away and then wash your hands.

Avoid close contact with other people who are sick.

Eat and drink safely. Avoid eating undercooked meat and unpasteurized dairy products such as raw camel milk.

Avoid close contact with all wild or farmed animals, especially camels.

MONITOR YOUR HEALTH:

Contact a health care provider as soon as possible if you develop symptoms such as fever, cough, and shortness of breath while on your trip or within 14 days after you get back to Canada. Tell them which countries you visited or travelled from.

FOR MORE TRAVEL HEALTH INFORMATION, VISIT TRAVEL.GC.CA

Cat.: HP40-121/2014E-PDF | ISBN: 978-1-100-24886-8 | Pub.: 140243



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