

ARE YOU TRAVELLING FOR HAJJ OR UMRAH THIS YEAR?

A large number of people attend these spiritual gatherings which can increase your risk of getting sick and/or being injured.

TO STAY HEALTHY DURING HAJJ OR UMRAH:



Consult a health care provider or travel health clinic, preferably six weeks before you travel.



Wash your hands frequently or use hand sanitizer. Avoid touching your eyes, nose and mouth with your hands.

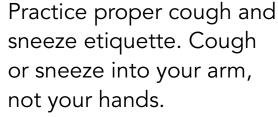


Locate medical facilities. Your risk of accidental injury increases in large crowds.



Stay hydrated. Drink plenty of water before you feel thirsty.







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



See a health care provider if you get sick while travelling.

WHEN YOU RETURN TO CANADA:



See a health care provider if you develop symptoms such as a fever, cough and/or shortness of breath within 14 days after your return and tell them where you have travelled.

Tell a border services officer if you develop symptoms as described above upon arrival into Canada.

For more travel health information:





