

Are you travelling for Umrah this year?



Crowded places increase the risk of injury and illness

Before you go:

- ✓ Talk to a health care provider or **visit a travel health clinic** 6 weeks before your trip for personalized health advice.
- ✓ Make sure you meet all health requirements for Umrah before leaving Canada.
- ✓ **Pack a travel health kit** and consider purchasing **travel insurance**.

During your trip:



Avoid eating undercooked meat, raw dairy products (like camel milk), and close contact with animals.



Follow **sun and heat safety tips**. Stay hydrated, avoid sun exposure and use sunscreen.



Use **bug spray**, wear loose light-coloured clothes, and sleep under mosquito netting if the space is open to the outside.



Make safe choices with food and water to avoid getting sick.



Cough or sneeze into a tissue or your elbow. Consider wearing a mask to reduce your risk of getting or spreading airborne diseases.



If you feel sick, tell the medical staff accompanying your group or the local health services.



Clean your hands often with soap and water or use hand sanitizer.



Use only new razors for shaving. Choose a barber who uses disposable, single-use blades.

If you feel sick:

- > **When coming back to Canada**, tell a flight attendant and/or border service officer.
- > **After you return to Canada**, contact a health care provider and let them know what symptoms you have and which countries you visited.

For more information, please read: **Hajj and Umrah Travel Safety—Saudi Arabia** or visit travel.gc.ca/destinations/Saudi-arabia

