



# 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.



Practice proper cough and sneeze etiquette. Cough or sneeze into your arm, not your hands.



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



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



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



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



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

## 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:



[travel.gc.ca](http://travel.gc.ca)



Public Health  
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