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