Ref. No: HC-19/236/2016/736

Date: 25th May, 2018.

CIRCULAR


A copy of the norms of Haj Ministry Saudi Authorities on the health requirements to be met by Haj pilgrims conveyed to us by Royal Consulate General of Saudi Arabia, Mumbai is enclosed herewith for general information and necessary compliance.

2. A copy of Medical Advisory issued by Medical Office of Haj Pilgrims Makkah is also enclosed herewith.

3. All the concerned may be advised to follow the instructions strictly.

(Dr. Maqsood Ahmed Khan)
Chief Executive Officer.

1. Executive Officer, All State / Union Territory Haj Committees.
2. Chairman & All Members, Haj Committee of India for kind information.
3. Joint Secretary (Haj), Ministry of Minority Affairs, GOI, New Delhi.
4. Joint Secretary (Public Health), Ministry of Health & Family Welfare, Room No.158, Nirman Bhawan, (A Wing), New Delhi–110 001.
5. Computer Section, Haj Committee of India.
No. 8/8/193536  
Date: 11.5.1439H  
(28/3/2018G)  
Encl: 6 bundles

Kingdom of Saudi Arabia  
Ministry of Foreign Affairs

The Ministry of Foreign Affairs (Deputy Ministry of Consular Affairs-Haj & Islamic Endowments Administration), presents its compliments to all the missions accredited in the Kingdom of Saudi Arabia.

The Ministry is pleased to enclose herewith a copy of circular-letter of His Excellency the Minister of Haj & Umrah under No. 390627050007 dated 5.7.1439H coupled with a copy of preconditions and health guidelines “enclosed” issued from the Ministry of Health and addressed to all those responsible for Haj affairs in the countries from where Hajis come as well as all organizers of arrival of Hajis from abroad (Tourist companies, agencies- PTOs) containing notification about the health conditions to be necessarily available in those coming for Umrah and Haj or any other purpose to the Haj and Umrah regions in the year 1439H. The Ministry requests to take note of it and take whatever it considers appropriate towards intimating all concerned authorities concerned with Haj affairs to comply with them.

The Ministry avails itself of this opportunity to renew them, the assurances of its highest consideration.
Circular
From the Ministry of Haj & Umrah
To
All the concerned authorities of Haj Affairs in the countries
From where the Hajjis come as well as all organizers of arrival of
Hajjis from abroad (Tourist companies and agencies)

Assalamu Alaikum Wa Rahmatullah Wa Barakatuhu.

We would like to inform you that the Ministry has received from the
Health Ministry of the Kingdom of Saudi Arabia the instructions issued
towards health conditions to be necessarily available in those coming to
perform Haj and Umrah or for any other purpose to the regions of Haj
and Umrah in the Kingdom of Saudi Arabia for the year 1439H (2018G)
(a copy is attached).

We request you to take note of this and kindly advise the offices of
Hajjis' affairs falling under your supervision to comply with them
accordingly. Thanking and appreciating your kind cooperation and
interest.

Please accept our sincere regards.

Sd/-
Esam Bin Sad Bin Sayeed
Acting Minister of Haj & Umrah
Ministry of Health

Health requirements and guidelines for Haj and Umrah for 1439H (2018G)

This document explains the health requirements and guidelines that must be fulfilled by those coming to perform Haj and Umrah which are issued by the Ministry of Health and are being updated every year.

Yellow Fever:

Those who are coming for Umrah or Haj or any other purpose from the following countries must present a valid vaccination certificate showing that their persons were vaccinated at least 10 days before their arrival in the Kingdom:

African countries:
Angola, Benin, Sudan, South Sudan, Senegal, Burkina Faso, Central African Republic, Cameroon Burundi, Chad, Uganda, Congo, Cote d'Ivoire, Sierra Leone, Gabon, Gambia, Democratic Republic of the Congo, Equatorial Guinea, Ethiopia, Guinea, Guinea Bissau, Togo, Kenya, Ghana, Liberia, Niger, Nigeria, Mali, Mauritania.

South and Central America:
Ecuador, French Guyana, Guyana, Brazil, Bolivia, Suriname, Peru, Panama, Trinidad and Tobago, Venezuela, Colombia, Argentina and Paraguay.
* It is necessary for the health agency of the country from where the person is coming for Umrah, Haj or seasonal work or for any other purpose to ensure that the Haji and umrah pilgrim has taken the dose on the specified time and write the name of the used dose and date of taking the dose clearly in vaccination certificate.

* In accordance with the International Health Regulations 2005, all incoming ships are required to submit a valid clearance certificate. The Health authorities have the right to subjugate any of the means of transport for health inspection to ensure that they are free of disease.

**Neisseria thoracic fever:**

* Every person coming for Umrah, Haj or seasonal work or any other purpose to the Haj regions from any country is required to submit a valid certificate of vaccination proving that he has taken the quadratic vaccination before coming to the Kingdom within period not less than 10 days as a condition for obtaining visa.

* One of the following vaccinations are accepted:

* ACYW135 multi-polyosaccharide quadratic vaccination, provided that the period is not more than 3 years from the date of taking vaccination.

* Combined ACYW135 quadratic vaccination provided that the period is not more than 5 years.
* The Health authority in the country from where the Hajis and Umrah performers come has to ensure that they have taken the vaccination in the specified time and write name of the used vaccination and date clearly in the vaccination certificate.

**Other categories targeted the vaccine:**

* All citizens and residents of Makkah and Madinah, who have not been vaccinated in the past three years with the multi-polyasaccharide vaccination or in the past five years with the combined vaccination.

* All citizens and residents who wish to perform Haj and who have not been vaccinated in the past three years with multi-polyasaccharide vaccination or in the past five years with the combined vaccination.

* All Haj workers, including all workers at the entry points, or any work requires direct contact with the Hajis, who have not been vaccinated, in the last three years with the multi-polyasaccharide vaccination or in the last five years with the combined vaccination.

**Additional Procedures:**

Persons coming from the countries in the African belt like: Sudan, South Sudan, Male, Burkina Faso, Guinea, Guinea-Bissau, Nigeria, Ethiopia, Côte d'Ivoire, Niger, Benin, Cameroon, Chad, Eritrea, Gambia, Senegal and Republic of Central Africa to be given preventive treatment at the entry
points in order to reduce the rate of carrying the microbe among the arriving persons.

Poliomyelitis:

Those coming for Haj or Umrah or any other purpose from the following countries are required to submit valid certificate proving that they have taken vaccination before their arrival in the Kingdom like, Pakistan, Afghanistan, Nigeria, Ethiopia, Syria, Somalia, Yemen, Republic of Congo, Palestine (Gaza Strip – the West Bank and Arab 48), Guinea, Iraq, South Sudan and Myanmar (Burma).

* Vaccination is accepted with one of the following vaccines:

* At least one dose of Oral Polio Vaccine (OPV) for a period not less than 4 weeks and not more than 12 months prior to arrival in the Kingdom.

* At least one dose of IPOV for a period not less than 4 weeks and not more than 12 months prior to arrival in the Kingdom.

* All the person coming from these countries should be given another dose of (OPV) at the entry point on arrival in the Kingdom regardless of age and previous vaccination.

Seasonal Influenza:

* The Saudi Ministry of Health advises every person coming for Umrah or Haj particularly old aged people, pregnant women and children under 5 years and obesity persons and affected with the chronic diseases like heart
diseases, Kidney diseases, respiratory system diseases, Neurology diseases, diabetes, Patients with congenital and acquired immune deficiency, Metabolic diseases, to be vaccinated against seasonal influenza before arrival into the Kingdom of Saudi Arabia within the period not less than 10 days.

* Seasonal influenza vaccination is recommended for all internal Hajis and all health care workers in the Haj regions before starting Haj rituals within the period not less than 10 days.

**special measures for the Middle East respiratory syndrome and other respiratory infections:**

The Ministry of Health also advises all Hajis and Umrah performers to comply with the following health guidelines:

* Avoid direct mingling with camels

* Don't take sun-pasteurized or un-boiled camel milk or under-cooked camel meats.

* Keep washing hands with soap and water or disinfectant, especially after coughing and sneezing.

* Use disposable tissues when coughing or sneezing and dispose it in the waste basket.
* Wear masks, especially in crowded places and replace them with dry masks when become wet.

* Avoid direct mingling with the infected persons and do not share their personal belongings.

**Dengue fever and Zika virus:**

In accordance with the International Health Regulations 2005, all aircrafts, ships and other means of transportation coming from countries affected by Dengue fever and Zika virus are required to submit a certificate indicating that insects (mosquitoes) were destroyed from the board in accordance with International methods.

**Infectious diseases by water and food:**

The Saudi Authorities are not allowing entry of food materials with the passengers coming for Haj and Umrah. Only properly canned prepared for personal use in small quantities in canes with easy access is allowed.

The Ministry of Health advises all Hajis and Umrah performers to comply with the following health guidelines:

* Take care to clean hands before and after eating and after leaving the toilet.

* Take care to wash vegetables and fruits that are eaten without cooking.

* Do not eat cooked foods that are exposed or stored outside the refrigerator.
Thermal abatement and sunstroke:

The Ministry of Health in Saudi Arabia advises the health authorities in the countries from where the Hajis and Umrah performers come to provide them with information about the temperature rise and advise them to adhere to the following health guidelines:

* Avoid excessive sun exposure, stay as long as possible in tents and rooms, and sit in shaded areas as much as possible while walking.

* Using suns to prevent sunlight
* Excessive intake of liquids

Medical Missions:

The Ministry of Health requests medical missions accompanying Haj missions to comply with the following technical requirements:

* The number of doctors accompanying the mission should be at least one doctor per 1,000 Hajis.

* At least 20% of General physicians in the medical mission should represent from the total physician of the medical mission.

* Each medical mission has to enter into contract through the Office of Haj Services with a company specialized in
disposal of medical wastes and this agreement should cover the period of work of the mission in the Haj season.
* Every mission should provide at least one room to isolate suspected infectious diseases at medical clinics.

* The medical mission shall be committed to report about the infectious diseases in the Saudi Health System using the approved forms and the methods of reporting.

**Health Awareness:**

The Ministry of Health requests the following countries from where the Hajis come to take the following into consideration:

* There should be a minimum physical capacity for Hajj and Umrah performers and this ability cannot be achieved with severe chronic diseases such as renal failure, kidney failure, heart failure or pulmonary embolism, strokes and advanced cancer.

* Guide the Hajis and Umrah performers on the transmission of infectious diseases and their symptoms, ways of prevention and awareness, as well as ways to avoid heat suppression and its complications.

* Guide the Hajis and Umrah performers affected with chronic diseases to bring their health status and medicines they used with sufficient quantities of these medicines in their original packaging which are enough for them for Hajj period.
**Other precautionary actions:**

In case of occurrence of any other health emergency - God forbid- or outbreaks of diseases under the International Health Regulations in any country from where Hajis or Umrah performers come, the health authorities in the Kingdom will take any additional precautionary measures in coordination with the World Health Organization.

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MEDICAL ADVISORY FOR PILGRIMS
हज़ीयों के लिए आवश्यक Annexure ‘B’

MEDICAL OFFICE OF INDIAN HAJ PILGRIMS, MAKKAH
भारतीय हज़ चिकित्सा कार्यालय, मक्का
चिकित्सा निर्देश

1. छप्पल वग़ैरह इस तरह कि पहने कि वह गोले फर्श पर फिसले नहीं खासकर बाथरूम, हरम शरीफ, मस्जिदें नबवी में. अच्छी पकड़ वाली छप्पलों का इस्तेमाल करें ताकि फ्रेक्चर वग़ैरह से बच सकें.

Wear slippers etc. of that type which do not slip on the wet floor, especially in the bathroom and at Haram Sharif/ Masjid e Nabvi. Use slippers etc. of good grips so as to avoid fractures.

2. डायबिटिक मरीज पैरों का ध्यान रखें और घाव वग़ैरह से बचें:
Diabetic patient – take care of the legs to avoid wounds etc.

3. हार्ट/ बी पी के मरीज शारीरिक तनाव से बचें.
Heart / BP patient should avoid physical stress.

4. ज्यादा ठंडे पानी, कोल्ड ड्रिंक्स वग़ैरह से बचें. घर ठंडा जमजम वग़ैरह पिये ताकि गले, सीने वग़ैरह की बिमारियों से बचाव हो सकें. हमेशा गहमा धोये। खाओने, छीकने के बाद अथवा खाने से पहले व बाद हाथों को साफ़ की जिसी गन्दगान थी को अच्छी तरह धोये। खाओने व छीकने समय टिश्यू पेपर का उपयोग करके कच्चा पात्र में फेंक कर हाथ साबुन-पानी से अच्छी तरह धोये। टिश्यू पेपर न होने पर अपनी ऊंची ऊंचे अथवा कोहनी का इस्तेमाल करें। ताकि इनफेक्शन दूसरों तक न फैलें। रोग से ग्रसित व्यक्ति कि व्यक्तिगत ठीकों का इस्तेमाल न करें।

Avoid chilled/ excess cold water, cold drinks etc. and drink Non-cold Zamzam etc. to avoid throat, chest infections etc. Always wash hands very well with
soap & water or other disinfectant, especially after coughing or sneezing and before & after eating or preparing food. **Use tissue paper** when coughing or sneezing and throw the tissue in waste basket and wash the hand well. If tissue is not available, then use your upper arm or elbow, not the hands as hands can transmit infection to others. **Avoid direct contact with those infected** with acute respiratory infection and don’t share with their personal things.

5. जिसमें पानी कि कमी (डिहाइड्रेशन) से बचें. ज्ञामज्ञ, पानी वगैरह पीते रहें. सादा खाना खाएं और फल वगैरह का इस्तेमाल करें. अपनी व्यक्तिगत स्वच्छता बनायें रखें। अच्छा खाना खाएं, शारीरिक सक्रियता बनायें रखें और पूरी नींद लें। हमेशा साफ पानी जेसे कि ज्ञामज्ञ, बोतलबंद पानी पिएं।

Avoid dehydration by drinking more liquid i.e. Zamzam, water, juice etc.; eat simple food, use fruits. **Don’t use unsafe water**, always use bottle water or Zamzam. **Maintain personal cleanliness** (cleaning of surfaces and floor). **Maintain other Health habits** like balance diet, physical activity and taking sufficient sleep.

6. ईर जरूरी सीधे धुप में आने से बचें. अगर सीधे धुप में आना पड़े तो गीला कपड़ा सर, गर्दन और कान पर लगाएं।

**Avoid coming into the sun directly unnecessarily.** If you have to come in direct sun, put wet cloth over the head, neck and ears.

7. बार बार चेहरे पर पानी छिड़कते रहें।

**Sprinkle water on the face repeatedly.**

8. सड़क पर करते वक्त बहुत होशियार रहें। सऊदी अरब में गाड़ियों की रफ्तार बहुत ज्यादा है और ट्राफिक हिंदस्तान से ऊत्तर हैं (लेफ्ट हैण्ड ड्राइव हैं). जयदाते तेज ट्राफिक वाली सड़कों की पर ना करें। रोड पार करते वक्त दोनों तरफ देखें।

**Be very careful while crossing the road.** Speed of vehicles in Saudi Arabia is too much and traffic is reversed as compared to India’s. (Left Hand Drive). Do not cross the roads with heavy traffic and speed. Always see both sides before crossing the Road.
Please always keep your health card and passport copy with visa page with you, especially for the treatment in the Saudi hospital.

Don’t accept eatables/drinks from strangers- it may contain poison thus risking your life and belongings.

Call mobile doctor team to your building in the situation where the patient is unable to bring to dispensary or in serious condition so that it doesn’t happen that some needy patient cannot be attended due to false call. Call also Saudi Ambulance at phone no. 997 in case of emergency.

Patients of chronic diseases like Diabetes, BP etc. should bring their medication for almost two months with a doctor's prescription. Take your medications regularly during the entire journey of Hajj.