

Ways To Stay Healthy During Hajj or Umrah

If you plan on performing Hajj or Umrah, follow these tips to stay healthy:

- Visit your health care provider at least one month before your pilgrimage to get vaccines and medicines you may need.
 - Make sure you are up to date on all routine and travel-related vaccines, including the meningococcal vaccine. Proof of meningococcal vaccination is required to perform Hajj or Umrah.
 - For help finding a provider, regardless of immigration or insurance status, call **311** or 844-NYC-4NYC (844-692-4692).
- Wash your hands with soap and water or an alcohol-based sanitizer often, especially after coughing, sneezing, using the toilet, or touching animals, and before handling or eating food.
- Prepare for hot weather. Heat can be dangerous.
 - Wear light, loose-fitting clothing and avoid dark and heavy clothes, which absorb heat from the sun.
 - Stay in a cool place or in the shade and out of direct sun.
 - Drink plenty of fluids, even if you are not thirsty, and avoid sugary drinks.
- Consider wearing a well-fitting mask at mosques and other indoor community spaces to reduce the risk of respiratory infections.
- Use only new razors for shaving. Choose a barber who uses disposable, single-use blades.
- Use insect repellent, bed nets, and protective clothing to prevent bites from mosquitoes and other bugs.
 - For more information on how to prevent mosquito bites, visit nyc.gov/health and search for **insect repellent safety**.
- Avoid eating undercooked meat and eating or drinking unpasteurized dairy products such as raw milk.



For more information, visit bit.ly/cdc-hajj-umrah.