

# Travel Health Advice Info Sheet for Hajj and Umrah



Due to a large number of people gathering in small areas, pilgrims participating in Hajj or Umrah are at an increased risk of injury and exposure to infectious diseases.

If you travel for Hajj or Umrah, follow the advice below to stay healthy:

- › Consult a health care professional or visit a travel health clinic at least 6 weeks before you travel.
- › Make sure you meet all **health requirements** for participation in Hajj or Umrah before leaving Canada.
- › Pack a **travel health kit** and consider purchasing **travel insurance**.
- › Be aware of your surroundings. The risk of injury increases in large crowds.
- › **Wash your hands frequently** with soap and water for at least 20 seconds. Use alcohol-based hand sanitizer if soap and water are not available.
- › Use only new razors for shaving. Choose a barber who uses disposable, single-use blades.
- › **Practise safe food and water precautions.**
- › Avoid eating undercooked meat and unpasteurized dairy products such as raw milk.
- › Avoid close contact with animals, including camels.
- › Follow **sun and heat safety tips**. Stay hydrated, avoid sun exposure and use sunscreen.
- › Protect yourself from **insect bites** at all times.
- › Locate medical facilities and know where to go for medical care if you get sick while travelling.
  - If you feel sick, report your symptoms to the medical staff accompanying your group or to the local health services.



For more detailed Hajj travel health information, please read the **Hajj 2023** travel health notice.

Please check the **travel restrictions page** for up-to-date requirements for your return to Canada.

For more information visit: [travel.gc.ca/destinations/saudi-arabia](https://travel.gc.ca/destinations/saudi-arabia)



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