



## Central Health Board

of Khoja Shia Ithna-Asheri Supreme Council

P. O. Box 6710 Tel: 255-22-2150617 Fax: 255-22-2150964  
email: chb@cats-net.com, Dar es Salaam, Tanzania



**Ref:** CHB/Flash/2009/95

**Date:** October 29, 2009

### CHB NEWS FLASH

#### HAJJ: IMPORTANT HEALTH TIPS FOR PILGRIMS

The importance of good health and healthcare for every pilgrim can not be over emphasized, therefore it is absolutely necessary for every hujjaj to make sure that he/she is well prepared and in good health prior to travel. Pilgrims must take every precaution necessary, i.e. vaccinations, health check-up etc. before embarking on the hajj trip. Similarly it is extremely important to ensure continuous good health during the entire stay in Saudi Arabia to perform hajj well.

These are some factors leading to sudden flare-up of the diseases at Hajj:

- Sudden environmental and lifestyle change including climate change and exposure to dust.
- Tiredness and stress.
- Failure to carry medicines for the illness (medications for pre-existing conditions).
- Failure to take the medications prescribed in their correct dosage at the right time.
- Failure to adhere to the doctor's dietary advice.

#### Some quick tips for hujjaj:

- Refrain from cigarette smoking and avoid second hand cigarette smoke.
- Avoid enclosed and crowded areas.
- Have enough rest and sleep. Avoid strenuous shopping sprees.
- Protect yourself as far as possible from heat, cold and dust.
- Ensure cleanliness & hygiene (wash your hands, fruits and vegetables properly)
- Avoid freezy & artificial sugary drinks (take plenty of fluids, i.e. water and fresh juices).
- Avoid heavy meals (eat more fresh fruits, vegetables and only light meals).
- Protect your body - hands and feet from cuts, cracks, bruises and blisters.

Attached are useful educative power point slides presented by Prof. Karim Manji at the CHB Health Talk program for Hujjaj on 27<sup>th</sup> Oct. 2009. Please go through them. DVD is also available for those interested from CHB office in Dar Es Salaam. (Contact Ms. Zainab Jacksi Chandoo)

**Encls:** Hajj Medical Talk Power Point Slides.

**“Community's health – CHB's priority”**