

Health of Our Community- Our Vision at the Health Improvement Board of the Council of European Jamaats.

Part 1: Serving the Hujjaj of our Community

جِدَالَ فِي حَجِّ فَلَا رَفَثَ وَلَا فُسُوقَ وَلَا لَأْلًا فَمَنْ فَرَضَ فِيهِنَّ تَأْلُومًا مَعَ هُرْحَجٍ أَشْتَأْ
أُولَى تَقُونَ يَا وَيْلَتَى لَأَتَقَى لِرَادِ رَوْتَزَوْدُوا فَإِنَّ خَيْلَهُ أَلْمَيْعَ رَحِيحًا عَلُوا مِنْ وَمَا تَقِ حَجًّا
(١٩٧) بِبِاللَّهِ

For Hajj are the months well known. If anyone undertakes that duty therein let there be no obscenity nor wickedness nor wrangling in the Hajj. And whatever good ye do (be sure) Allah knoweth it. And take a provision (with you) for the journey, but the best of provisions is right conduct. So fear Me, O ye that are wise.! (197) Sura Al-Bakarah

Medical Information Pack for all Hajj group organisers and group health personnel.

Content:

1. Introduction.
2. Leaflets to all Hajjis.
3. Preparations required.
4. Precautions and prevention measures in case of a suspected case.
5. Symptom sorter for diagnosis of H1N1 infections.
6. Treatment centres.
7. Anti-viral medication and doses.
8. Treatment of Complications.
9. Further Reading

Introduction:

To all Hajj Group Organisers and Health Professionals,



Asalaamun Alaikum Wa Rahmatullahi Wabaratuhi.

The Health Improvement Board of the Council of European Jamaats is a sub-committee set up with the remit to improve the health of all our Muslim brothers and sisters in Europe and add value to the care already received by their own doctors and other health personnel. We aim to enhance the health and promote well being by various means including health screening, education and health promotion in our community across Europe. Some of you may already be aware of some of our activities or will have experienced our services at the screening programmes.

In the context of the Hajj, our aims are to provide our services in 3 distinct areas this year. 2 of these areas were already commenced last year and this includes the vaccination programme for the Hujjaj and Health promotion to ensure the good health of all the pilgrims. We were fortunate to refine the hajj health leaflet last year which will be available to everyone planning to go to Hajj with a participating Hajj group who have chosen to utilise our services.

The additional service this year related to the major threat of Swine flu in Hajj this year. The government of Saudi Arabia has been busy preparing for this anticipated outbreak and has been consulting various organisations including the WHO and the Muslim Council of Britain (MCB). We have been made aware that there are plans for the provisions of diagnosis and treatment centres during the Hajj and are awaiting details at this point. There have also been recommendations for the groups of patients who have been advised by the Saudi government to postpone the Hajj till next year.

We aim to provide the latest evidenced based advice to all group organisers and health personnel who will be attending Hajj this year to forearm them for any health treats related to swine flu. This advice is mainly taken from the documents published by the Royal College of General Practitioners (RCGP) and the Health Protection Agency (HPA) who have been in the forefront in the prevention, planning and treatment during the recent outbreak of Swine flu in the UK. I hope you find it helpful on your preparations for the Hajj this year.

May I take this opportunity to convey by best wishes and prayers to all the would be Hujjaj and hope that their experience in Hajj is not only a spiritually uplifting and

fulfilling time, but also wish them the best of health so that they can participate in all the rituals fully and to their hearts content.

Please remember us in your prayers in these Holy places.

With Salaams and Duas,

Dr. Rizwan Alidina,
Vice-Chairman of HIB.

The leaflets which have been produced by the volunteered of HIB have been enclosed with this pack. They include:

- ❖ Leaflet re: Health and Hajj. This is a leaflet which gives general health advice to all Hujjaj. It includes the necessary vaccinations as well as other related topics such as sun stroke, stopping periods and so on.
- ❖ Swine Flu and Hajj: This is a summary FAQ style leaflet to educate all Hujjaj regarding Swine flu including, the symptoms, treatment and prevention measures required.

Please ensure that all the members travelling in the group have been made aware and have familiarised themselves with these documents. If you require any more copies, Please contact the COEJ office or email Hib@coej.org.

Preparation Required (including flu vaccines):

The Aim for this section is to recommend what preparations should be done prior to the Hajj so as to ensure a smooth trip. The main focus for this section will include instruments and medication together with planning for emergencies. The list has been prepared based on the recommendations from the Royal College of General Practitioners Pandemic flu planning, a document which can be accessed online via [this link](http://www.rcgp.org.uk/clinical_and_research/pandemic_planning.aspx). (http://www.rcgp.org.uk/clinical_and_research/pandemic_planning.aspx).

- ❖ **Vaccinations** for swine flu are not yet available in the UK and are unlikely to be available prior to the Hujjaj leaving this year. The first wave of vaccination will include the vulnerable group of patients and are highlighted in the link in the further reading section. The normal flu vaccines will be available on the other hand and it is necessary for all hujjaj to have them this year together with the other necessary vaccines. Please make sure that all vaccinations including the influenzae one are recorded in a valid certificate.
- ❖ The group organisers must ensure that whilst making **Hotel arrangements**, there is provisions available for isolation of any sick guests and frequent cleaning services of any hard surfaces is carried out throughout their stay with normal household detergents and cleaning products. It would be advisable to provide paper tissues and ensure that there are bins to dispose them after use safely in all areas. It is also important to provide adequate handwashing facilities or alcohol rubs to clean hands frequently.
- ❖ It is important to identify a **Flu lead** who will ensure that adequate preparations and procedures are in place. This doesn't have to be the group doctor as this person needs to be available to look at various different requirements below and not just identify or treat the sick hujjaj.
- ❖ **Buddying up systems** with other groups should be undertaken in case of an outbreak of flu to ensure we help each other if either of the group is overwhelmed by illness.

- ❖ **Education** of all group members is essential. It is the responsibility of each and everyone in the group to prevent the illness from spreading and take adequate precautions.
- ❖ **Know the local arrangements** including contact details for local hospitals. This is necessary in case of any medical emergencies but also if there are any complications in otherwise a minor illness.
- ❖ **Medication and equipment** should be available to the group in case of an outbreak. Ensure you have firm local supplies of gloves, aprons, fluid repellent masks, pain killers and even antibiotics available. It may even be advisable to carry a small amount of these items in case none are available immediately from the local sources. Please ensure that all hujjaj carry their regular medication with themselves.
- ❖ Prepare an **emergency box** in case of an outbreak. This should include basic items such as a working mobile phone and charger, contact details of group volunteers, torches, batteries, writing equipment and paper. Make sure that there is a small amount of **cash or travellers cheques** available in case of an emergency.

Of course, all these recommendations above have been made with the worst possible scenarios in mind. We pray that Allah (S.W.T) will protect us whilst we are the guests at His House but forewarned is forearmed.

Precautions and prevention measures in the case of a suspected case:

Prevention is always better than a cure. In case of a suspected case within your group, please ensure the following has taken place.

1. **Isolate the patient** from the other hujjaj during their illness for upto 7 days or whilst they still have symptoms. **Contact the flu lead and group doctor.**
2. The doctor will then need to **assess the patient** and decide if it is suspected swine flu or not. He or she will also decide how to treat the patient and whether they should be taken to the flu centres.
3. Ensure all surfaces are cleaned regularly. **Wash hands frequently** or use alcohol wipes.
4. Identify a **flu friend** for the patient so that they are in minimum contact with the rest of the group. Anyone in contact with a sick patient should ensure that they have **personal protective equipment** (a disposable apron, gloves and a fluid repellent face mask) on. Wash your hands with soap and water straight after.
5. Ensure **children within the group** follow the advice as the adults.

6. **Face masks** provide some protection for a very limited period of time and wearing them and participating in the Hajj rituals is not an advisable substitute for isolation for any sick haji.

Symptom sorter for diagnosis of H1N1 infections:

Below is a table which can be used by Group leaders, Healthcare personnel as well as the Hujjaj themselves if they develop any flu like illness. It is the responsibility of each Hujjaj to prevent the spread of any illness to others especially when they are in such close proximity to others in the group during the Hajj. It may be beneficial for the symptom sorter to be displayed prominently so that it is at hand when required.

Group organisers, particularly the flu leads should be familiar with this symptom sorter and vigilant for any of their group member developing any flu like illness. Please ensure that they are then isolated from the remainder of the group and have received medical treatment by the group doctor or nearest clinic. Please note that masks provide some protection for a very limited period of time and wearing them and participating is not an advisable substitute for isolation for any sick haji.

Disclaimer: Please disregard this advice if you are very unwell and seek medical advice immediately.

For patients presenting in Primary Care			
1	Do you have a history of fever (>38) in the last 7 days?	YES	Go to next question
		NO	No FLU intervention needed
2	Do you have two or more flu symptoms? Cough, runny nose, limb/joint pains, diarrhoea, sore throat or headache	YES	Go to next question
		NO	No FLU intervention needed, please contact your doctor.
3	Are you a close contact of a laboratory confirmed case? That means you were: <ul style="list-style-type: none"> • Less than a metre away with continuous exposure for more than an hour • Case in household • Healthcare professional providing direct care/carrying out a procedure. 	YES	presumed case – See Group Doctor
		NO	Go to next question
4	Do you live in an identified area of community transmission ?	YES	Manage as a suspected case – See Group Doctor

		NO	Go to next question
5	Do you have risk factors for adverse outcome, i.e. those ordinarily at risk from seasonal flu, pregnant women and under-fives.	YES	Manage as a suspected case See Group Doctor
		NO	Treat as common cold with paracetamol, salt water gargles and plenty of oral fluids.

For all Group health physicians, a guide to the assessment, treatment and clinical management is available via the links in the further reading section. I have enclosed them in an appendix for reference purposes.

Treatment centres:

There are plans for diagnostic and treatment centres to be available throughout Hajj for swine flu. We are still waiting for details of these arrangements via the Muslim Council of Britain who are involved in advising the Saudi government.

Anti-viral medication and doses

The doses and preparation details of the antiviral drugs are enclosed in this section for reference only. Please follow the local guidance if available as these supersede this section.

The illness during a swine flu infection is usually mild (similar to the common cold) and treatment with anti-virals is not recommended in most cases. Treatment with anti-viral should however be offered to vulnerable patient who develop symptoms in order to prevent further complications. These include:

- ❖ People with the underlying medical conditions that are considered to place them at risk for seasonal flu and receive a flu vaccine from their GPs.
- ❖ Patients with asthma that have been treated with any anti-asthma medicine within the past 3 years.
- ❖ Pregnant women.
- ❖ Children under 3 years.
- ❖ People over 65 years.

Antiviral medication dosing recommendations for treatment or chemoprophylaxis of 2009 H1N1 infection.

(Table extracted from product information for Tamiflu® and Relenza®)

Medication	Treatment	Chemoprophylaxis
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		(5 days)	(10 days)
Oseltamivir			
Adults			
		75-mg capsule twice per day	75-mg capsule once per day
Children ≥ 12 months			
Body Weight (kg)	Body Weight (lbs)		
≤15 kg	≤33lbs	30 mg twice daily	30 mg once per day
> 15 kg to 23 kg	>33 lbs to 51 lbs	45 mg twice daily	45 mg once per day
>23 kg to 40 kg	>51 lbs to 88 lbs	60 mg twice daily	60 mg once per day
>40 kg	>88 lbs	75 mg twice daily	75 mg once per day
Zanamivir			
Adults			
		10 mg (two 5-mg inhalations) twice daily	10 mg (two 5-mg inhalations) once daily
Children (≥7 years or older for treatment, ≥5 years for chemoprophylaxis)			
		10 mg (two 5-mg inhalations) twice daily	10 mg (two 5-mg inhalations) once daily

Complications of Swine Flu:

One of the most common complications of any type of flu is a secondary bacterial chest infection, such as bronchitis (infection of the airways).

This can become serious and develop into pneumonia. A course of antibiotics will usually cure this, but the infection sometimes becomes life-threatening.

Other rare complications include:

- tonsillitis,
- otitis media (a build-up of fluid in the ear),
- septic shock (infection of the blood that causes a severe drop in blood pressure),
- meningitis (infection in the brain and spinal cord), and
- encephalitis (inflammation of the brain).

Further Reading for Health professionals:

Clinical management (HPA)

<http://www.hpa.org.uk/webw/HPAweb&Page&HPAwebAutoListName/Page/1240812234677?p=1240812234677>

Assessment and treatment algorithm (RCGP)

http://www.rcgp.org.uk/PDF/Assessment_Algorithim_updated.pdf

Vaccination programme (DH)

<http://www.dh.gov.uk/swinefluvaccinationprogramme>

Pandemic planning (RCGP)

http://www.rcgp.org.uk/clinical_and_research/pandemic_planning.aspx