

What To Expect When in Hajj

Temperature tests on arrival at Jeddah Airport.

Quarantine if temperature is high and further testing for swine flu. You will be released to join your group as soon as you test negative.

Treatment and further quarantine for 7 days if found to have swine flu.

There will be arrangements for treatment of swine flu which is expected to be provided by the Government of Saudi Arabia.

What Are The Symptoms Of Swine Flu?

The illness is similar to a flu-like illness and usually presents with a fever of more than 38°C and two or more other symptoms listed below:

- Cough and runny nose
- Sore throat
- Shortness of breath
- Headaches
- Tiredness
- Aching muscles and chills
- Diarrhoea and vomiting

Should you or any other Hujjaj develop these symptoms, please contact your group doctor immediately.

We Pray That You Have
A Safe And A Spiritually
Enlightening Hajj

Health Improvement Board (HIB)

The Health improvement board (HIB) is a sub-committee of The Council of European Jamaats which is responsible for all projects relating to healthcare. This includes projects such as medical screening programs, Hajj medical assistance, medical relief work together with health promotion and awareness drives.

HIB are also looking to meet the changing demands of modern health care professionals in our community and provide them with a network where they can exchange views and also identify future projects we can embark on.

If you are interested in volunteering for us or have any questions regarding this leaflet or HIB in general, then please visit us on www.coej.org or email us on hib@coej.org



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Swine Flu (H1N1) & Hajj



Swine FLU (H1N1) And Hajj.

Swine flu, otherwise known as the H1N1 influenza infection has now spread globally affecting a large number of people. The illness is mild like the common cold in most people and can last between 5 to 7 days before recovery takes place. It is feared that there could be an outbreak of the swine flu during the Hajj this year and arrangements are being made to provide assessment and treatment centres to the hujjaj who have flu-like illness in case of the swine flu. However, prevention is always better than a cure.

This leaflet aims to provide information about swine flu including the symptoms, treatment and preventative measures which can be taken by all Hujjaj.

What Is The Treatment?

Most people will require supportive treatment for their symptoms if they were at home but in the Hajj season, doctors may decide to treat with anti-viral drugs to prevent the spread of the infection to others. Actions listed below will help in recovering from the flu.

- Drink plenty of fluids.
- Rest as much as possible.
- Simple remedies like paracetamol or aspirin* particularly if you have muscle aches or fever.
- Avoid smoking.
- Antibiotics will NOT help you recover from the flu but can be used if the flu is complicated by a chest infection. Please see the group doctor for advice.

* Aspirin shouldn't be used by children under 16 years old or pregnant ladies. Check with your doctor before starting any medicines if pregnant.

Some patients however, will require treatment with anti-viral drugs as they are vulnerable to suffering from further complications such as chest infections or respiratory failure. They 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 and people over 65 years.

How Can I Prevent It Spreading?

The most effective way of preventing the spread to others is to isolate you if you have any flu-like symptoms and prevent it from being spread to others.

Catch it, Bin it, Kill it: Use a clean tissue to cough and sneeze into, Bin it after use and wash your hands with soap and water. These simple measures will prevent the majority of the spread to others.

CATCH IT

Germs spread easily. Always carry tissues and use them to catch your cough or sneeze.



BIN IT

Germs can live for several hours on tissues. Dispose of your tissue as soon as possible.



KILL IT

Hands can transfer germs to every surface you touch. Clean your hands as soon as you can.



PLEASE SEE YOUR GROUP DOCTOR AS SOON AS POSSIBLE IF YOU ARE UNWELL WITH FLU-LIKE ILLNESS.

Will Wearing A Mask Help Prevent Catching Swine Flu?

Masks can be useful but only if used correctly to cover the nose and mouth and for a short period of time. Over a longer period, they can become potential sources of infection especially if they become wet with saliva.