



Hajj & Umrah Travel Checklist

Traveling increases your chance for getting and spreading diseases like measles, meningococcal disease, COVID-19, and influenza. **Do not travel if you are sick.** Use this checklist as a guide for safer travel to Mecca, Saudi Arabia.

Before travel

- Make sure you are up to date on your travel vaccinations, including measles, meningococcal disease, COVID-19, and influenza. Ask your health care provider about other vaccines you might need before traveling. For vaccination resources, visit [Where to Get Vaccinated \(www.health.state.mn.us/people/immunize/basics/vaxfinder.html\)](http://www.health.state.mn.us/people/immunize/basics/vaxfinder.html) and [International Travel Health Clinics Serving Minnesota Residents \(www.health.state.mn.us/people/immunize/basics/travel/yfclinic.html\)](http://www.health.state.mn.us/people/immunize/basics/travel/yfclinic.html).
- Know current health requirements in Saudi Arabia. Find information at [Hajj and Umrah Health Requirements | The Embassy of the Kingdom of Saudi Arabia \(www.saudiembassy.net/hajj-and-umrah-health-requirements\)](http://www.saudiembassy.net/hajj-and-umrah-health-requirements) and [Saudi Arabia: Hajj & Umrah Pilgrimages | CDC Yellow Book 2024 \(wwwnc.cdc.gov/travel/yellowbook/2024/itineraries/saudi-arabia-hajj-and-umrah-pilgrimages\)](http://wwwnc.cdc.gov/travel/yellowbook/2024/itineraries/saudi-arabia-hajj-and-umrah-pilgrimages).

Make sure to pack:

- ✓ High-quality, well-fitting masks for everyone traveling in your group.
- ✓ Emergency contact information.
- ✓ Travel-size hand sanitizer.
- ✓ Prescription medications and any other over-the-counter medications you may need.
- ✓ COVID-19 rapid tests. You can get at-home tests at IANA's Minneapolis office (3355 Hiawatha Ave #202) from 9 a.m. to 3 p.m. Visit [IANA \(www.ianaonline.org\)](http://www.ianaonline.org) or call 612-874-0655.

During travel

- Respiratory infections are common on the pilgrimage. CDC recommends regular handwashing, wearing a facemask, and practicing physical distancing, if possible, during your travel.
- To reduce your risk, wear a mask at mosques and other community spaces. This is especially important in crowded areas, even outdoors.
- Consider taking a COVID-19 rapid test if you have a cough or other respiratory symptoms. If you test positive, wear a mask, do not travel, and follow local public health guidance about how long to stay away from others.
- If you are sick with a fever, headache, nausea, vomiting, or other concerning symptoms, contact a health care provider right away; do not delay getting health care if you are sick.

After travel

- If you get sick after travel, go to a health clinic and let the health care provider know you recently traveled to Saudi Arabia. They can help determine if you need to be tested for travel-related diseases.

