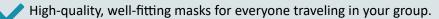
## Hajj & Umrah Travel Checklist

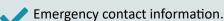
Traveling increases your chance for getting and spreading diseases like measles, meningococcal disease, COVID-19, and influenza. **Do not travel if you are sick.** Use this checklist as a guide for safer travel to Mecca, Saudi Arabia.

## **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 <u>Where to Get Vaccinated (www.health.state.mn.us/people/immunize/basics/vaxfinder.html)</u> and <u>International Travel Health Clinics Serving Minnesota Residents (www.health.state.mn.us/people/immunize/basics/travel/yfclinic.html)</u>.
- Know current health requirements in Saudi Arabia. Find information at <u>Hajj and Umrah Health Requirements</u> | <u>The Embassy of the Kingdom of Saudi Arabia (www.saudiembassy.net/hajj-and-umrah-health-requirements)</u> and <u>Saudi Arabia: Hajj & Umrah Pilgrimages</u> | CDC Yellow Book 2024 (wwwnc.cdc.gov/travel/yellowbook/2024/ itineraries/saudi-arabia-hajj-and-umrah-pilgrimages).

Make sure to pack:





- 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 <u>IANA (www.ianaonline.org)</u> 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.



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5/29/2024