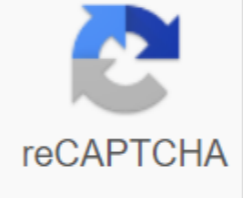




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On 22 June 2020, the Ministry of Hajj and Umrah of Saudi Arabia issued an official statement (in Arabic) announcing that, because of the Covid-19 pandemic, pilgrims from outside Saudi Arabia would not be allowed to enter the country for the hajj. Only a very limited number of Muslims who already live in Saudi Arabia will be allowed to perform Hajj 1441H (2020). This means that hajj packages 1441H (2020) for all international pilgrims, including those from the UK, have been automatically cancelled. Those who have booked for the Hajj this year should contact their airline, travel company or other transport and accommodation providers to get a refund or ask to take their bookings forward for the hajj next year. Hajj Hajj is a religious pilgrimage to Mecca, Saudi Arabia and is the largest annual pilgrimage in the world. All able-bodied adult Muslims are trying to make the hajj at least once in their lives. The pilgrimage takes place from the 8th to 13th days of the twelfth and final month in the Islamic calendar called Dhu al-Hijjah. The Islamic calendar is eleven days shorter than the Gregorian calendar used in the Western world. This means that the Gregorian date of the hajj is eleven days earlier, year after year. In 1441H (2020) the approximate dates of the hajj will be between July 28 - August 02. This year, due to the coronavirus pandemic (COVID19), those planning to take part in the Hajj pilgrimage are now advised to postpone booking any travel by the Muslim Council of Great Britain and the British Hajj Council until further notice. More information from the Muslim Council of Great Britain, including advice on Hajj 1441H (2020) can be found here Additional information from the Council of British Hajj, including tips on Hajj 1441H (2020) can be found here umrah umrah is a pilgrimage to Mecca that can be undertaken at any time of the year. Umrah is not considered mandatory as a hajj, but it is strongly recommended in Islam. There are two different types of Umrah. Umrah can be combined with the hajj (the so-called Umrat al-Tammatu) or taken independently of the hajj (the so-called al-Umrat al-Mufrad). Umrah was suspended in 2020 due to concerns about the spread of coronavirus disease (COVID19). In September 2020, the Ministry of Hajj and Umrah in Saudi Arabia announced that Umrah would be gradually resumed from 04 October 2020; initially for pilgrims living in Saudi Arabia. Pilgrims from outside the country will be able to perform Umrah from November 1, 2020 on the basis of a step-by-step approach. On 23 September 2020, the British Hadis Council of Great Britain recommended that all British Muslims refrain from any umrah reservations until there are clear directives from the Saudi authorities requirements to enter the KSA for Umrah. For more information, please visit the british Hadis Council website (UK). General Travel Tips All must strive to be physically fit for hajj and umrah. Pilgrimage involves walking several miles every day and can be stressful, even for the fittest people. Keeping active, practicing walking and improving overall mobility and fitness is recommended at least 4-6 weeks prior to departure in training. Older people and those who have a known disease may benefit from conducting a general medical check-up with the GP before leaving to ensure health is optimized. You should also consider undergoing dental and eye medical checkups as required to make sure you are in good health. If you are a woman wishing to postpone menstruation during the hajj, try to discuss this at least 2-3 months before traveling with a doctor who may prescribe hormone therapy. If you are taking regular prescription medications, you should ask your doctor to extend your prescription and make sure you have enough medication to cover the duration of your trip. Writing from your GP list of your current medications may prove useful for immigration purposes. All medicines must be stored in the original package and carried in hand luggage along with a printed copy of your prescription, for more information see some medicines, such as morphine-based drugs, may be restricted in Saudi Arabia. Please check the UK Foreign, Commonwealth and Development website for more information. A personal first aid kit is needed for transport by pilgrims. It should include elements such as bandages, plaster, small bandages, antiseptic lotion/cream, duct tape, sunburn lotion, repellents, scissors, safety pins, antihistamine cream, blisters, oral rehydration salts, pain analgesics and medications to fight diarrhea. Try to keep your luggage small and light and consider using suitcases with wheels to avoid stress on your back. Regular exercises on the legs and feet are recommended during long journeys to reduce the risk of ankle swelling and blood clots. You can become dehydrated easily while traveling, so you should try to drink plenty of water to keep well hydrated at all times. Wash your hands often, especially before eating and drinking and after using the toilet to minimize the risk of becoming ill while traveling. For more information see food and water precautions. The Saudi Ministry of the Interior advises pilgrims to refrain from transporting food to the country. Comprehensive travel insurance, which includes evacuation benefits and We recommend visiting the Foreign, Commonwealth and Development website to check the latest travel and safety tips before booking any travel. Saudi Arabia Hajj and Umrah Rules Saudi Arabia Ministry of Health Advice Saudi Arabia Ministry of Health (MoH) to issue their claims recommendations annually for entry visas for Hajj and Umrah, updated recommendations have not yet been announced for 2020. This page will be updated when this information is released. For Hajj 1440H (2019) Saudi MH advised the following people to postpone the execution of hajj and Umrah for their own safety, and this advice is unlikely to change: the elderly (over 65 years old). Individuals with chronic diseases such as heart disease, kidney disease, respiratory diseases or diabetes. Those with the condition affecting their immune system; malignancies (cancer) or an incurable disease. Pregnant women. Children (under 12 years) Additional information from the website of the Ministry of Health of Saudi Arabia (MoH) can be found here Vaccines Every year before the hajj season of Saudi MH to report vaccination requirements for hajj pilgrims. Requirements for 2020 have not yet been published. This page will be updated when this information is released. Before you travel to Hajj, you should be aware of the recommended vaccinations for Saudi Arabia. Having a preliminary consultation at least 6-8 weeks before the trip provides a good opportunity to check the vaccination history and have any recommended boosters. Regular childhood vaccinations such as diphtheria, tetanus and polio, and vaccination against measles, mumps and rubella (MMR) should be up to date. The seasonal influenza vaccine is not mandatory, but is highly recommended. Other measures to prevent mosquito bites associated with mosquito bites are important in preventing mosquito-borne infections in Saudi Arabia, such as dengue fever, leishmaniasis, chikungunya and Rift Valley fever. Read more about avoiding mosquito bites in more detail. Respiratory infections and respiratory infections of MERS-CoV can easily spread in crowded places. Coronavirus of Middle East Respiratory Syndrome (MERS-CoV) can cause fever, cough and shortness of breath. The exact way it spreads is not fully known, but very close contact with cases and contact with camels are linked to infection. In 2019, the Ministry of Health of the Kingdom of Saudi Arabia recommended wearing face masks in overcrowded and congested places, especially during the bypass of the Kaaba (Tawaf), the culls (Rajm) and walks between Safa and Marwa (Saya). Face masks must be changed in accordance with the guidelines provided by the manufacturer. You should wash your hands before you put on and after removing the face mask. You can reduce the risk of acquiring and spreading respiratory infections: practicing good hand hygiene by avoiding touching the face with unwashed hands covering the nose and mouth with disposable tissues when coughing or sneezing, removing used tissue in the nearest bin after use, avoiding direct contact with people who have respiratory diseases, and avoid sharing their personal items such as their mobile phone phone Avoid close contact with animals, especially camels; Avoid drinking unpasteurized camel milk, camel urine or eating undercooked camel meat If you develop severe respiratory disease while traveling, you should: seek medical help early to avoid the crowds until symptoms are resolved, or wear a mask in crowded places if avoidance is not possible to ensure your nose and mouth are covered with disposable tissues when coughing or washing your hands containing at least 60% alcohol, have access to soap and water Diarrhea Travelers Diarrhea Travellers is common to travellers during the hajj. Responsible bacteria and viruses spread if your food or water has been accidentally contaminated with poo. You can also get infected if you accidentally touch contaminated surfaces and then don't wash your hands before eating or drinking and touching your face. All travellers are in danger; however, people with concomitant health problems, the elderly or young children may be more dangerous for rapid and dangerous dehydration. Preventing dehydration if you are experiencing traveler's diarrhea is essential. You can do this by: drink lots of clean liquids such as water and diluted fruit juices; or oral rehydration solutions, such as packets of oral rehydration salts sold in pharmacies preparing for any rehydrating beverages using safe drinking water, seeking medical attention if diarrhea becomes severe, or there is blood or mucus in your poo, or if it is accompanied by severe vomiting, fever or abdominal pain (antibiotics are not needed in most cases) Climate health risks Even in the winter months, temperatures during the day in Saudi Arabia can reach more than 30 degrees Celsius. Sunburns, sunstroke, heat exhaustion, heat stroke and dehydration are a risk for everyone. Saudi authorities have reported that pilgrims may perform some rituals between sunrise and sunset to avoid high daytime temperatures. Where possible, try to arrive in the country a few days early to allow you to acclimatize to hot conditions before the hajj. Important: Rest when possible to maintain good hydration with safe liquids to look for shade where possible (light umbrellas can be used to create shade) wear good quality shoes to protect your feet use protective sunscreen factor 15 or above See the sun and heat and humidity pages for more information. Transmission of blood-borne virus from shaving contaminated razor blades may blood-borne infections such as hepatitis B and HIV. To reduce the risk, it is recommended to avoid sharing shaving blades or razors in preparation for hajj rituals. Use a licensed hairdresser in officially designated centers and avoid street streets ask the hairdresser to wash his hands before shaving you. Check out your hairdresser uses a new disposable razor use; or ask them to use your personal razor. Avoid all other types of razors, including those that have their blades changed after each shave, ensure that used blades are safely disposed of after use in designated containers. Accidents and injuries occur during the hajj pilgrimage. Traffic accidents are a potential danger as pilgrims may have to walk long distances through, or close to, heavy traffic and busy roads. Minor leg injuries are common. So you have to make sure that you wear comfortable, good quality protective shoes. If you have diabetes or any condition that causes poor circulation of the lower extremities, you should pay special attention and attention to the health of your feet. It is highly recommended that travellers have comprehensive travel insurance, including medical repatriation, before travelling. After the hajj if you develop a fever with respiratory symptoms, or develop any other severe symptoms upon returning home from Hajj or Umrah, you should contact your doctor as soon as possible and make sure that you mention your travel history. Resources and Information Resources in this section have been prepared by Health Scotland (HPS). The information brochure below details how hajj pilgrims can manage travel-related risks so that they can protect themselves, their families and society as a whole. The infographic below encourages hajj pilgrims to prepare for their journey by visiting their GP 6-8 weeks before departure. The poster can be shown in GP operations, mosques, social clubs and other places where they can be seen by those planning to go to Hajj or Umrah. It is designed to be used in conjunction with the information brochure above. More information back to the beginning hajj vaccination certificate format. hajj vaccination certificate pdf

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