

Health requirements of Saudi Authorities for Haj and Umrah pilgrims for Haj 2013:

1. **Meningococcal Meningitis:** Every Haj and Umrah pilgrim or anyone who is proceeding to the areas of Haj for seasonal work, is required to present a certificate containing that he has been vaccinated against this disease (before his arrival in Saudi Arabia by a period of not less than 10 days and not more than 3 years) as a condition for obtaining visas for Haj, Umrah or seasonal work. The health authority in the country from where the pilgrims are coming should make sure that a dose of Tetra Vaccine (ACYW135) has been given to them.
2. **Oral Polio Vaccine:** All those who will be arriving for Haj & Umrah are required to have Oral Polio Vaccine before their arrival by six weeks and they must carry a certificate of the same. They will be given another dose of Oral Polio Vaccine upon their arrival in Saudi Arabia irrespective of their ages.
3. **Seasonal Influenza:** The Ministry of Health of Saudi Arabia recommends that every Haj and Umrah pilgrim should be given Seasonal Influenza Vaccine, especially those who are suffering from chronic diseases (heart diseases, kidney diseases, respiratory diseases, nerve diseases, diabetes) and patients of congenital and acquired HIV and metabolic diseases as well as pregnant women, children of less than (5) years and excessively obese people.
4. **Health Education:** The health authorities in the countries from where Haj pilgrims are coming should educate their Haj pilgrims about the infectious diseases, their types, their symptoms, ways of their communication, their repercussions and the methods of prevention from the diseases.
5. **Food items:** Those arriving in Saudi Arabia, including Haj & Umrah Pilgrims, are not allowed to bring food items in their luggage unless the food items are securely canned or can be easily opened for screening, and in quantities which are enough for travelers by road for using in during their travel only.
6. **International Outbreaks Response:** In case of health emergency causing international concern or eruption of diseases which are subject to international health regulations in any country from where Haj or Umrah pilgrims are coming, the Health Authorities in Saudi Arabia may take additional precautionary measures for those who are coming from these countries in coordination with the World Health Organization at that time, in order to avoid the spread of infection among Haj & Umrah pilgrims or its communication to their countries.