

# GET READY FOR HAJJ!

Have you been vaccinated for...

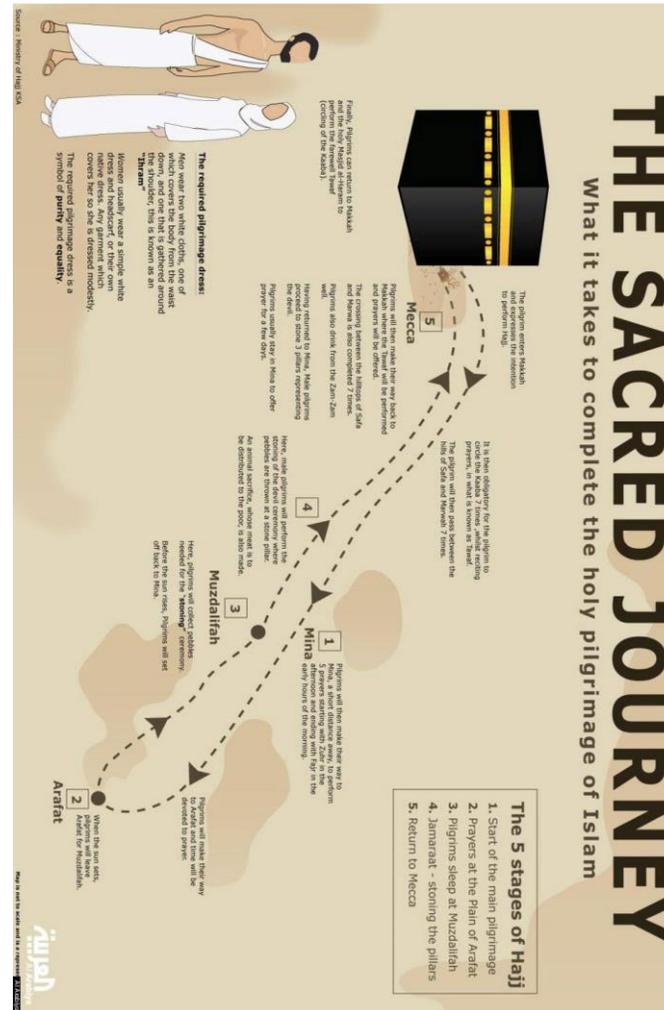
- ✓ **Meningococcal Vaccine**  
*(for 5 years old and above)*
- ✓ **Flu Vaccine**
- ✓ **Pneumococcal Vaccine**  
*(for 60 years old and above)*

If YES, always keep your Certificate of Vaccination!

If NO, please contact your NCMF Representatives.

If you have a medical condition, secure clearance from your medical doctor before going to Hajj.

Bring your medicines as prescribed.



## UPON ARRIVAL in the PHILIPPINES

If you are sick or not feeling well, kindly approach the **Bureau of Quarantine (BOQ)** in the designate airport of your arrival.

### Contact Us

BOQ Head Office	(02) 320-9101
BOQ NAIA Terminal 1	(02) 832-2929
BOQ NAIA Terminal 2	(02) 877-1109 loc 2442
BOQ NAIA Terminal 3	(02) 877-7888 loc 8193
DOH Health Emergency	(02) 711-1001 to 02

### Website

[www.quarantine.doh.gov.ph](http://www.quarantine.doh.gov.ph)



Health advisory for Filipino Muslims attending to Hajj Pilgrimage



**Department of Health - Philippines**  
**BUREAU OF QUARANTINE**

# Health Tips for a HEALTHY HAJJ

## Practice GOOD HYGIENE and CLEANLINESS

- ✓ Always dispose your waste in the proper trash can.
- ✓ Do not spit on the floor.
- ✓ Never share your personal items like sponges, shavers etc.
- ✓ **WASH YOUR HANDS**
  - Why: Our hands are the main pathways of germ transmission.
  - When: Wash your hands after using the toilet, after coughing or sneezing, and before eating.
  - How: Wash your hands well using WATER and SOAP, or using the ALCOHOL based formulation.



## Observe COUGHING ETIQUETTE

- ✓ Cover your mouth and nose with handkerchief when you cough or sneeze.
- OR
- ✓ Cover your mouth and nose using your upper arm.
- ✓ Use a face-mask to cover your mouth and nose when you have colds and coughs.
- ✓ Face-mask should be changed regularly or when soiled. Dispose properly in trash can.
- ✓ Wash your hands after coughing or sneezing, and even after removing your face-mask.



## Ensure FOOD SAFETY

- ✓ Always wash your hands before and after preparing/ eating food.
- ✓ Wash fruits and vegetables before eating.
- ✓ Do not consume canned foods and drinks past its expiration date.
- ✓ Eat cooked food immediately.
- ✓ Do not store food for more than two (2) hours.

## Protect yourself from HEAT STROKE

- ✓ Avoid strenuous activities.
- ✓ Use umbrella when necessary.
- ✓ Drink plenty of water.
- ✓ Wear loose and light colored clothes.
- ✓ Have enough sleep to restore your energy.



**IF** you are **sick** or not feeling well, *go and see* your **MEDICAL TEAM** decked on stations of Hajj.