Prevention of influenza
Health guidance for Hajj and Umra

Pandemic (H1N1) 2009

Cover your nose and mouth with a disposable tissue when coughing and sneezing

Dispose of used tissues properly immediately after use

Regularly wash hands with soap and water

Use your own prayer mat

If you have influenza symptoms, call the hotline

If you have influenza symptoms, seek medical advice immediately

If you have influenza symptoms, keep a distance of at least 1 metre from other people

If you have influenza symptoms, do not leave your room to attend the rituals

Avoid hugging, kissing and shaking hands when greeting

Avoid touching eyes, nose or mouth with unwashed hands

The vast majority of people infected with pandemic (H1N1) 2009 get better with no medical intervention

Prevention is better than cure

In case of emergency seek medical attention immediately

For more information:
http://www.emro.who.int/csr/h1n1
http://www.who.int