

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



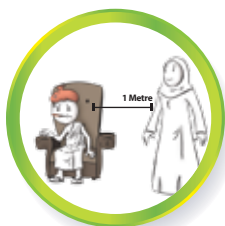
Use your own prayer mat



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