

## Pilgrims Medical Advice

### Before Departure

- Ensure that you are given Muis Medical Treatment Booklet by your GSA
- Undergo medical check-up even you are fit
- Bring along Muis Medical Treatment Booklet and show to the doctor
- Ensure the type of illness, medical treatment and allergy are recorded in Muis Medical Treatment Booklet by your doctor
- Ensure prepare sufficient medication to last your entire haj

### In the Holy land

- Acclimatise to the weather
- Eat sufficiently
- Avoid eating exposed & unhygienic food
- Adhere to the doctor's advice on the choice of food if you have diabetes, hypertension or heart diseases
- Drink lots of water daily to avoid dehydration
- Tap water is not suitable for drinking
- Refrain from sharing your medication
- Ensure you have sufficient rest & sleep
- Pack some food during your journey
- Bring along your Muis Medical Treatment Booklet every time you visit Muis Clinic

### Maps of Hotels & Accommodation in Makkah & Madinah are provided in the Muis' Medical Treatment Booklet



## Important Telephone Number

Singapore Embassy 01-480-3855 (T)  
Riyadh 01-480-0632 (F)

Singapore Consulate 02-6073980/1 (T)  
Jeddah 02-6074280 (F)

#International Saudi Code: 966

### Singapore Hajj Mission Clinic & Ops Centre

#### Makkah

Elaf Kindah Palace 02-5745555 / 257 4555  
Dar Al Majid 02-5436383 / 549 7000

#### Madinah (Pre-Haj)

Green Palace 04-8269040 / 8237000

#### Madinah (Post-Haj)

Dar Iman Intercon 04-8206666

#### Shisha / Aziziyah

Jamil Noh Building 02-5572532 /  
050-7217866  
050-6129538

### Saudi Ambulance Service: 997

#### Medical Service

Singapore Hajj Mission will set up clinics in Makkah, Madinah & Shisha (near Mina) before Wukuf & Tasriq days

Please check with your GSA on the operating date and schedule (upon arrival of pilgrims at Shisha) Pilgrims are advised to visit the Saudi Medical Centre when they fall ill in Arafah & Mina tent.

MAJLIS UGAMA ISLAM SINGAPURA  
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## MEDICAL & HEALTH ADVICE



**The Islamic Religious Council of Singapore (Muis)** would like to wish a safe journey and a safe Hajj to all would be Singaporean Hajj pilgrims. May you be rewarded with Hajj Mabruur. Ameen.

The aim of this leaflet is to assist pilgrims in preparing for the Hajj and to explain what services provided by Singapore Hajj Mission for pilgrims in Saudi Arabia.

Muis sends a team of Singapore Hajj Mission to provide medical and welfare services to Singaporean pilgrims in the Holy Land.

The Singapore Hajj Mission will work closely with the Singapore Consulate in Jeddah and the Association of Muslim Travel Agents of Singapore (AMTAS) to provide the best possible service to Singaporean pilgrims.

### **Arrival and Departure at Jeddah's Hajj Terminal**

The safety and well being of every Hajj pilgrim is very important to the Saudi Authorities. But large numbers of Hajj pilgrims arriving and leaving can be daunting. Delays may occur when going through the Haj Terminal. There are basic facilities available at the Haj Terminal.

The Saudi Hajj service provider (Maktab) will hold your passport for safekeeping while you are performing the Hajj and will return it to you on your departure date.

### **Reminder To Pilgrims**

- Undergo medical check-up before departure
- Check that you have the correct passport, tickets and bank drafts
- Make sure that you have the Hajj visa and required vaccination certificates
- Bring a sling bag. Do not bring sharp objects and liquid more than the approved limit into the aircraft.
- Have contact details to your GSA in Singapore and their representatives in the Holy Land
- Wear your name tag and the Muis' identification bangle at all times
- Bring along the Muis' Medical Treatment Booklet (Green Book) with you at all times
- Individuals on medication should ensure that the type of illness, medical treatments and allergy are recorded in the booklet
- Show the booklet to the Nursing Officer while getting treatment in the Holy Land
- See the doctor at the Mission clinic immediately if you are ill or not feeling well. Adhere to the doctor's advice and instructions.
- Ensure to bring sufficient medication, if you are suffering from chronic illnesses
- Make sure you have sufficient rest and sleep. Do not leave your accommodation unnecessarily.
- Resolve any misunderstanding in a peaceful manner
- Approach your GSA if you encounter a problem and seek advice

### **When you are ill ...**

- Visit Mission clinic immediately or get the assistance of GSA official to bring you to the doctor
- Adhere to doctor's advice and instructions
- Take your medication as instructed
- Refrain from sharing your medication
- You may take a shower to lower your body temperature if you have fever
- See the doctor again if you are still unwell

### **Emergency Medical Treatment**

Only make use of the emergency call services if you have the following symptoms:

- Sudden or severe chest pain, stomachache or backache
- Asthma attack or breathing difficulties
- Giddiness and semi-unconsciousness
- Unconsciousness including fainting and blacking out (seek assistance of your room mate or GSA official to call Mission's doctor
- Convulsion
- Head injury that causes bleeding from nose, ears and mouth or that leads to giddiness and vomiting
- High fever accompanied body pains
- Uncontrollable diarrhoea and vomiting
- Severe allergy with symptoms such as breathing difficulties and swelling of body parts, especially to the eyelids