



Taking care of your eyes during Hajj

There are some cautions and advices that should be aware of regarding the eye care. Eye hygiene (washing your eyes with warm water) is important and avoiding ultraviolet rays by wearing sunglasses. Pilgrims suffering from glaucoma should continue taking their medication to maintain the level of pressure of their eyes.



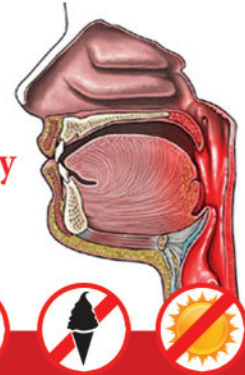
At Jamarat area, it might occur that stones missing pillars and hitting pilgrims instead, it is advised to have patience and be careful when throwing stones that should be small in size and hitting the right place.

When the body loses a lot of water during Hajj, the level of eye pressure decreases until the body gains the fluids lost.

Conjunctivitis or inflammation of the conjunctiva of the eye spreads in closed area with poor ventilation. Pilgrims should be careful and take high care of their eyes by cleaning them with warm water and avoid using other people's towels. Also, make sure to either use antibiotic drops or lotion to eradicate the disease before it develops.



Dear Pilgrim:
Avoid upper respiratory system infections



Differences in temperature: it is not safe to sit in cold places then go out in hot weather and vice versa.
 Drinking Cold beverages: avoid drinking cold beverages and use cool water instead.
 Crowded areas: avoid crowded areas as much as possible and if necessary make sure a face mask is available to prevent any respiratory infection.
 Physical Exhaustion: The pilgrim should get some rest from time to time as physical exhaustion would weaken the immune system of the body and ease microbes to attack.
 Food: it should contain various vitamins (especially vitamin C) and water as the body will lose big amounts of the fluids and salt.
 Medications: Pilgrims with diabetes or blood pressure or heart disease should take their medications regularly as prescribed by amount and time.
 Fever: Avoid direct sunlight exposure without having an umbrella. In case of having high temperature, use cold pack and fever medications and have enough water to drink. When the temperature remains high, the pilgrim should go to the nearest health center.
 Smoking and incense: Avoid smoking and use of incense, as they are the main cause of nasal congestion and infection of the throat and nasal membranes.
 Avoid social greeting (cheek kissing) to prevent transmission of seasonal flu.
 Avoid shouting as it might harm vocal cords.



What should a diabetic patient have in his bag?



- 1 The patient should make sure to control blood sugar levels by following up with his doctor a sufficient time prior to the travel time to Hajj.
- 2 Taking sufficient amounts of prescribed medicines, especially insulin, and making sure to keep them in a cold place away from direct sunlight exposure and heat. It is also advised to have blood sugar monitoring system with you.
- 3 It is vital that a diabetic identification card is held by the patient in order to facilitate giving the right and necessary ambulatory service when the patient is unconscious. The personal handbag of the diabetic patient should contain candy or nectar juice to be used when a sudden drop in blood sugar level occurs.
- 4 It is recommended to have proper food as much as possible during Hajj time, taking good amount of fibers and liquids. Take into account also having proper amount of main meals and snacks.
- 5 Reducing insulin dosage or other prescribed medicines in half or one third of the quantity before doing any physical over exertion, such as (Tawaf, stoning at Jamarat). This is useful to avoid any reduction in blood sugar levels.
- 6 Call the doctor or diabetic advisor to consult for any inquiry, (997 SRCA operations)