



HAJJ 2020 : COVID19

Pilgrims Wellbeing & Protection

HAJJ 2020 – Pilgrims Wellbeing & Protection

Responsible Action For A Safe & Healthy Hajj

THINK!

1. PREVENTION

2. PRECAUTION

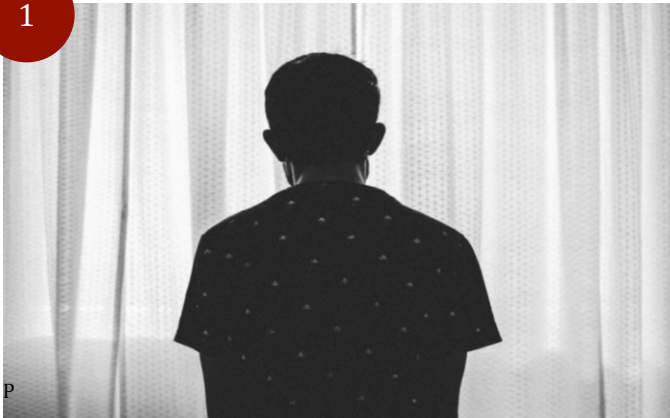
3. PREPARATION



HAJJ IS PRECIOUS & CORONA VIRUS IS DEADLY! LIFE IS MORE PRECIOUS

Predictive measures is crucial, preparing for a Hajj 2020 that may or may not happen, with more or less than 1,000,000 Pilgrims. ZERO COVID 19 Deaths during Hajj is possible only with strict adherence to the Global Hajj Safety Policies with surgical precision

1



30 DAYS SELF QURANTEED BEFORE HAJJ TRAVEL

DON'T TRAVEL IF OVER 60 & WEAK IMMUNE SYSTEM

WEAR MASK & GLOVES AT ALL TIMES

STRENGTHEN YOUR IMMUNE SYSTEM

2



SOCIAL DISTANCING AS MUCH AS POSSIBLE

COVER SNEEZE & COUGH ALWAYS COMPLETELY

THERMO GUN TEST AT HOTEL, AIRPORT, TRANSPORT

AVOID LONG EXPOSURE TO THE SUN & LONG WALKS

3



COVID 19 PCD HEALTH CERTIFICATES

FOOD, VITAMINS, SELF TEST KIT, IMMUNE BOOSTERS

STUDIED THE PROCESS, PROTOCOLS & MEASURES

IMMUNITY TEST CERTIFICATE & HEALTH CLEARANCE

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Strengthen Your Immune & Respiratory System

BREATHE!

1. SLEEP WELL

2. EAT WELL

3. BE RELAXED

4. EXERCISE



NO COVID 19 VACCINES AVAILABLE! BODY IMMUNITY IS YOUR GREATEST DEFENCE

Scientifically proven, peace and harmony within your mind, body and soul is the vital key to optimise the performance of your immune system. The immune system is the body's multi-level defence network against potentially harmful bacteria, viruses and other organisms. Prophetic Foods are highly recommended, a source of pure and halal nutrition. Hijama (Cupping) therapy penetrates deep into your body and promotes blood circulation and nourishment to internal organs, increasing white blood cell.

1



SLEEP WELL CONSISTENTLY

7-8 HOURS SLEEP AT NIGHT

30 MIN AFTERNOON NAP

BOOSTS IMMUNE RESPONSE

2



EAT HALAL & PURE FOODS

PROPHETIC FOODS

CITRUS FRUITS - VITAMIN C

GRILLED POULTRY - PROTEIN

3



BE CALM & RELAX & PRAY

PRAY TO REDUCE ANXIETY

REDUCE CAFFEINE & NICOTINE

STAY IN A PLEASANT MOOD

4



LIGHT EXERCISE DAILY

MAINTAIN A HEALTHY WEIGHT

CARDIO & STRENGTH EXERCISE

REMOVE BLOOD IMPURITIES

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Personal Perseverance In Mitigating COVID 19 Hajj Risks

SUCCEED!

1. LEARN

2. PRACTICE

3. SUPPORT

4. FOCUS

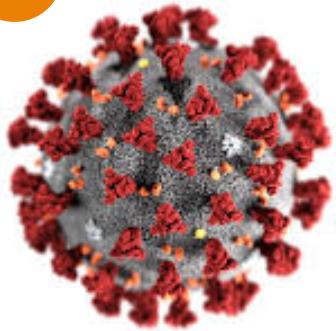
5. PATIENCE



DEFEATING THE INVISIBLE ENEMY! PROTECTING YOUR SELF & OTHERS ALWAYS

Education and commitment towards developing awareness of the cause and effect COVID 19 could be the difference between life and death for many. Proactively tackling the challenges of the Corona Virus by being involved in process is vitally important during, before and after the Hajj Pilgrimage

1



STUDY COVID 19 WELL

SYMPTOMS & TREATMENT

LOCATION & RESTRICTIONS

SPREADING & PROGNOSIS

TRANSMITTING & HYGIENE

2



PRACTICE GOOD HABITS

WEARING MASKS & GLOVES

WASH & SANITIZE HANDS

SPREAD POSITIVE VIBES

NO CONTACT GREETING

3



SUPPORT OTHERS KINDLY

CREATE HYGIENE AWARENESS

MONITOR & REPORT SYMPTOMS

ENCOURAGE WATER HYDRATION

SUPPORT YOUR GROUP LEADERS

4



VULNERABILITIES

MOVING & STILL CROWDS

STAY HYDRATED ALL TIMES

FOOD & WATER POISONING

CONQUER FEAR & ANXIETY

5



TRIUMPH-WISE PATIENCE

FOLLOW ALL THE RULES

WAIT THE LONG QUEUES

REPEATED COVID 19 TESTING

TRACK YOUR HEALTH & REPORT

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Contingency Planning & Treatment

PLAN B!

1. COMMUNICATE

2. PLANNING

3. PROTECTION

4. COVID 19



NO COVID 19 VACCINES AVAILABLE! BODY IMMUNITY IS YOUR GREATEST DEFENCE

Safe and secure in the knowledge that you have all your eventualities planned, mapped and covered. Having implemented maximum preventative, protection and precautionary measures, collective and individually, risk shall always remain.

1



REACHOUT & BE RECHEABLE

REGISTER YOUR LOCAL KSA NUMBER

KNOW YOUR COUNTRY NUMBERS

KNOW SAUDI EMERGENCY NUMBERS

2



PLAN FOR THE WORST

CRISIS MANAGEMENT PLAN

FOLLOW POLICY AND PROCEDURES

TESTING & TRAINING EXERCISES

3



AVOID & MITIGATE ALL RISK

OPTING FOR HAJJ IFRAAD

IF IN DOUBT REFRAIN FROM HAJJ

ADEQUATE HEALTH INSURANCE

4



SAVE YOURSELF & OTHERS

ISOLATE IMMEDIATELY AND CALMLY

LIST ALL CONTACT PERSONS & POINTS

SEEK IMMEDIATE TREATMENT

HEALTH & SAFETY

For you, me and everyone else

