

- If disposable tissues are not available you can use your elbow to cover your mouth and nose when sneezing or coughing.



- Avoid using others' personal items such as cups.

- Avoid close contact with people who might be ill.



- Reduce the time spent in crowded settings if possible.

If you feel unwell with symptoms of influenza during your pilgrimage of Haj or Umra, you should immediately contact the Omani medical team or the nearest health care facility.

- Seek medical advice immediately or call the hotline.
- Rest and take plenty of fluids.
- Inform family and friends about your illness and try to avoid contact with other people.
- Improve ventilation in your living space by opening windows.
- Call the influenza hotline for any queries or for any further information.

Influenza A (H1N1) hotline is always available (24 hours / 7 days) to answer all your queries.

For any further information please call on:

Ministry Of Health

+968 992466422 / +968 92466642 / +968 99851003

Ministry Of Endowments & Religious Affairs

+968 24644070 / +968 24644060 / +968 24644050

Influenza A (H1N1), which was previously known as Swine Flu, is a highly contagious acute respiratory disease.

It is transmitted from human to human through:

- Infected respiratory droplets during coughing or sneezing and talking.
- Touching surfaces or personal items which are infected.

Early signs of influenza A(H1N1) infection are:

- fever
- cough
- sore throat & running nose
- headache
- muscle & joint pain
- occasionally vomiting or diarrhoea.

To protect yourself from catching influenza A(H1N1), you should:

- Wash hands thoroughly with soap and water, or cleanse them with an alcohol-based hand rub on a regular basis and all the times
- Cover your nose and mouth with a disposable tissue when coughing or sneezing and dispose it properly and immediately.
- Wear protective face mask in crowded settings.





Dear
Haj and Mutamer



How to
protect your
self from
Influenza
A (H1N1)

during
your Pilgrimage
of Haj
and Umra



Umra
Haj

