



Health Requirements and Recommendations for Travelers to Saudi Arabia for Hajj and Umrah – 1443H (2022)

The Ministry of Health in the Kingdom of Saudi Arabia issues this document to address health requirements and recommendations for visitors traveling to Saudi Arabia for the purposes of Umrah, Hajj, or seasonal works in Hajj and Umrah areas during 1443H (2022).

1 Required vaccinations

1.1 Coronavirus (COVID-19)

- All travelers for Hajj are required to complete their vaccination with accredited vaccines, shown on the link:
https://www.moh.gov.sa/en/HealthAwareness/Pilgrims_Health/Pages/Approved-Vaccines.aspx
- And submit a negative test result for coronavirus (COVID-19) of a sample collected within 72 hours from departure to the kingdom.
- And their age must be less than 65 years (Gregorian).

1.2 Meningococcal meningitis

- All travelers, domestic or international, adults and children aged over 1 year arriving for Umrah, Hajj or for seasonal work in Hajj zones, are required to submit a valid vaccination certificate with a quadrivalent (ACYW) meningococcal vaccine received at least 10 days prior to the planned arrival to Hajj and Umrah areas.
- Vaccination with ONE of the following vaccines is acceptable:
 - Quadrivalent (ACYW) polysaccharide vaccine within the last 3 years.
 - Quadrivalent (ACYW) conjugate vaccine within the last 5 years.
- Current scientific evidence suggests that conjugate vaccines are safe and effective for those above 55 years of age.
- Health authorities at the pilgrims' country of origin should ensure their vaccination within the required validity period and make sure that the type of vaccine is clearly shown in the vaccination certificate. If the vaccine type is not indicated on the certificate, it will be considered valid for 3 years only.

1.3 Poliomyelitis

- Travelers from states reporting cases of WPV1 or cVDPV1 (Appendix 1-Table 1) are required to submit a polio vaccination certificate with at least one dose of bivalent oral polio vaccine (bOPV) or inactivated polio vaccine (IPV) within the previous 12 months and not less than 4 weeks prior to arrival.
- Travelers from states reporting cases of cVDPV2 (Appendix 1-Table 2) are required to submit a polio vaccination certificate with at least one dose of IPV within the previous 12 months and at least 4 weeks prior to arrival. If IPV is not available, it is accepted to submit a polio vaccination certificate with at least one dose of oral polio vaccine (OPV) within the previous 6 months and not less than 4 weeks prior to arrival.



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1.4 Yellow Fever

- All travelers above nine months of age arriving from countries or areas at risk of yellow fever transmission (Appendix 2) must present a valid yellow fever vaccination certificate. The Yellow Fever vaccination certificate is valid for life starting 10 days after vaccination.

2 Recommended vaccinations

2.1 Seasonal Influenza

- Travelers arriving for Umrah, Hajj or for seasonal work in Hajj areas are recommended to get vaccinated against seasonal influenza.
- Influenza vaccination is particularly important for pregnant women, children under 5 years, the elderly, individuals with chronic medical conditions (such as chronic cardiac, pulmonary, renal, metabolic, neurodevelopmental, liver or hematologic diseases) and individuals with immunosuppressive conditions (such as HIV/AIDS, receiving chemotherapy or steroids, or malignancy).
- Countries are encouraged to secure adequate quantities of the most recent influenza vaccine recommended for use in their country to be administered to those intending to perform Hajj. For this year's Hajj, the southern hemisphere vaccine is expected to be available before Hajj and the Ministry of Health in the Kingdom of Saudi Arabia recommends all pilgrims from the southern hemisphere or from countries which use the southern hemisphere vaccine to receive this vaccine at least 10 days prior to commencing hajj.

3 Preventive measures by health authority at points of entry

3.1 Coronavirus (COVID-19)

All travelers arriving to Saudi Arabia are required to comply with local preventive regulations and procedures required by the Public Health Authority, available online on the following link (<https://covid19.cdc.gov.sa/>). These regulations are continuously updated.

3.2 Meningococcal meningitis

The Ministry of Health may opt to administer prophylactic antibiotics to some travelers arriving from countries with frequent epidemics of meningococcal meningitis, countries at risk for meningitis epidemics, and countries with outbreaks of non-vaccine groups of *N. meningitidis* (Appendix 3) at the points of entry if deemed necessary.

3.3 Poliomyelitis

Travelers from states which report cases of WPV1 or cVDPV1 (Appendix 1-Table 1) will receive one dose of bOPV at points on entry to Saudi Arabia regardless of age and vaccination status.

3.4 Yellow Fever

Aircrafts, ships and other means of transportation arriving from countries affected by yellow fever (Appendix 2) are requested to submit a valid certificate indicating that disinsection was applied in accordance with methods recommended by WHO. They may be subjected to inspection as a condition of granting free pratique.



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3.5 Zika Virus Disease and Dengue Fever

Aircrafts, ships, and other means of transportation arriving from countries affected with the Zika virus and/or dengue fever (Appendix 4) are requested to submit a valid certificate indicating that disinsection was applied in accordance with methods recommended by WHO. They may be subjected to inspection as a condition of granting free pratique.

4 Health practices for prevention of conditions of concern

4.1 Food and Water-Borne Diseases

- Authorities in Saudi Arabia do not permit entry of food with arriving travelers for Hajj and Umrah except in properly canned or sealed containers.
- Pilgrims are recommended to observe the following:
 - Wash hands before and after eating and after going to the toilet.
 - Thoroughly clean and wash fresh vegetables and fruit.
 - Cook food thoroughly and store at safe temperatures.
 - Keep raw and cooked food separated.

4.2 Heat-Related Conditions

Pilgrims, especially older individuals, are recommended to avoid direct sun exposure while performing rituals and to drink sufficient amount of fluids. Countries are requested to provide education on health-related illness to their pilgrims prior to travel. Medications that can exacerbate dehydration (e.g. diuretics) or interfere with heat exchange may need adjustment by treating physicians.

4.3 Middle Eastern Respiratory Syndrome (MERS-CoV) and Other Respiratory Infections:

Efforts to prevent MERS-CoV infections during mass gatherings such as Hajj and Umrah have been successful. However, other viral respiratory tract infections are common.

All arriving travelers for Umrah, Hajj or for seasonal work in Hajj zones are recommended to comply with following:

- Wash hands with soap and water or a disinfectant, especially after coughing and sneezing, after using toilets, before handling and consuming food, and after touching animals.
- Use disposable tissues when coughing or sneezing and dispose of used tissues in a wastebasket.
- Wear regular face masks when in crowded places.
- Avoid contact with those who appear ill and avoid sharing their personal belongings.
- Avoid visits and contact with camels in farms, markets, or barns.
- Avoid drinking unpasteurized milk or eating raw meat or animal products that have not been thoroughly cooked.

4.4 Zika Virus Disease and Dengue Fever:

Pilgrims are recommended to take necessary measures to avoid mosquito bites during the day and evening, which include wearing protective clothing (preferably light-colored) that covers as much of the body as possible; using physical barriers such as window screens and closed doors; and



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applying insect repellent (as per the label instructions on the product) to skin or clothing that contains DEET, IR3535 or Icaridin.

5 Responding to International Health Events

In the case of a public health emergency of international concern, or in the case of any event subject to notification under the International Health Regulations (2005), the Ministry of Health will undertake all additional necessary measures in consultation with the WHO.

6 Hajj Medical Missions:

The Ministry of Health in the Kingdom of Saudi Arabia requires the medical missions accompanying the pilgrims to comply with the following technical requirements:

- To have at least 1 physician per 1,000 pilgrims accompanying the mission.
- At least 20% of the accompanying physicians should be public health physicians.
- To have a valid medical waste contract with a certified local company that covers the entire Hajj season.
- Clinics should include at least one infectious diseases isolation room that meets Saudi Arabia Ministry of Health standards.
- Commit to reporting notifiable infectious diseases to the Saudi Arabian Health System using approved reporting methods.

7 Physical Ability and Health Education:

Authorities at pilgrims' countries of origin are encouraged to consider the physical ability and health conditions of individuals applying for Hajj and Umrah. Those with severe medical conditions such as terminal cancers, advanced cardiac, respiratory, hepatic, or renal diseases, and senility are exempt from these religious duties.

Health authorities in countries of origin are requested to provide basic health education to pilgrims prior to travel. This may include food safety, heat-exhaustion, and means of preventing infectious diseases.

Pilgrims are recommended to update their vaccination status against vaccine-preventable diseases. These include vaccination against Diphtheria, Tetanus, Pertussis, Polio, Measles, Varicella and Mumps.



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Appendix 1:

Table 1: States reporting cases of WPV1 or cVDPV1

WP1	cVDPV1
Afghanistan	Madagascar
Malawi	Yemen
Pakistan	

Table 2: States reporting cases of cVDPV2

cVDPV2		
Afghanistan	Ethiopia	Pakistan
Benin	Gambia	Senegal
Burkina Faso	Guinea	Sierra Leone
Cameroon	Guinea Bissau	Somalia
Central African Rep	Iran	South Sudan
Chad	Liberia	Tajikistan
Rep Congo	Mauritania	Uganda
DR Congo	Mozambique	Ukraine
Djibouti	Niger	Yemen
Egypt	Nigeria	

Reference:

Statement of the Thirty-first Polio IHR Emergency Committee, held on 28 February 2022 – WHO



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Appendix 2:

Countries/areas at risk of Yellow Fever transmission, as per the WHO International Travel and Health guidelines, are:

Americas		Africa	
Guyana	Argentina	Ghana	Angola
Panama	Venezuela	Guinea	Benin
Paraguay	Bolivia	Guinea-Bissau	Burkina Faso
Peru	Brazil	Kenya	Burundi
Surinam	Colombia	Liberia	Cameroon
Ecuador	Trinidad and Tobago	Mali	Central African Republic
	French Guiana	Mauritania	Chad
		Niger	Congo
		Nigeria	Côte d'Ivoire
		Senegal	DR Congo
		Sierra Leone	Equatorial Guinea
		Sudan	Ethiopia
		Gambia	Gabon
		Togo	South Sudan
		Uganda	



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Appendix 3:

Countries/areas with frequent epidemics of meningococcal meningitis and countries at risk for meningitis epidemics (WHO International Travel and Health, 2015):

Africa		
Nigeria	Ethiopia	Benin
South Sudan	Gambia	Burkina Faso
Rwanda	Ghana	Burundi
Senegal	Guinea	Cameroon
Sudan	Guinea-Bissau	Central African Republic
Tanzania	Kenya	Chad
Togo	Mali	Côte d'Ivoire
Uganda	Mauritania	DR Congo
	Niger	Eritrea



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Appendix 4:

Countries with current or previous Zika virus transmission:

Asia			Americas	
Vietnam	Fiji	Bangladesh	Dominica	Anguilla
Papua New Guinea	French Polynesia	India	Dominican Republic	Antigua and Barbuda
Philippines	Laos	Indonesia	Ecuador	Argentina
Samoa	Marshall Islands	Maldives	El Salvador	Europa
Singapore	Malaysia	Myanmar	French Guiana	AL Bahama
Solomon Islands	Micronesia	Thailand	Grenada	Barbados
Tonga	New Caledonia	Cambodia	Guadeloupe	Belize
Vanuatu	Palau	Cook Islands	Guatemala	Bolivia
Africa			Guyana	Bonaire
Ethiopia	Angola		Haiti	Sint Eustatius and Saba
Gabon	Burkina Faso		Honduras	Brazil
Guinea Bissau	Burundi		Isla de Pasqua - Chelsea	British Virgin Islands
Nigeria	Cabo Verde		Jamaica	Caiman Islands
Senegal	Cameroon		Martinique	Colombia
Uganda	Central African Republic		Mexico	Costa Rica
	Côte d'Ivoire		Montserrat	Cuba
			Nicaragua	Curaçao
			Saint Vincent and the Grindins	Panama
			Saint Martin	Paraguay
			Suriname	Peru
			Trinidad and Tobago	Puerto Rico
			Turks and Caicos	Saint Barthelemy
			US Virgin Islands	Saint Kitts and Nevis
			Venezuela	Saint Lucia
				Saint Martin