Prepare yourself for Hajj

Visit your GP 6-8 weeks before travel. Protect yourself, your family and the community.

Respiratory health

Vaccinations and medicines

Mosquito bite avoidance

Further advice
- The Council of British Hajjis: http://www.cbhuk.org
- fitfortravel: http://www.fitfortravel.nhs.uk

© TRAVAX/Health Protection Scotland 2018.