

# GOING FOR Hajj OR Umrah?



*Vaccinations should be on your travel list.*

## Get Vaccinated

- To find a travel clinic, contact your **Local Health Agency** or the **Help Me Grow Washington Hotline** 1-800-322-2588.
- If you are traveling with children, the **Washington State Childhood Vaccine Program** provides some vaccines at no cost to all kids younger than 19.



## Required Vaccines

- Meningococcal vaccine for everyone over two years of age.
- COVID-19 vaccine for everyone ages 6 months and older.

## Recommended Vaccines

- Chickenpox, Diphtheria-Tetanus-Pertussis (DTaP/Tdap), flu, Measles-Mumps-Rubella (MMR), polio, and shingles
- Hepatitis A, hepatitis B, pneumococcal, rabies, typhoid, and yellow fever

## Talk to your doctor about:

- Vaccines, malaria medicine, protection from Middle Eastern Respiratory Virus, and health alerts for Saudi Arabia and other places you plan to visit.

## Contact your insurance provider to find out which vaccines are covered.

- Current Hajj vaccination requirements are available from **Saudi Arabian Ministry of Health**. Visit the **CDC's Travelers' Health** webpage for more information.



DOH 348-598 May 2025

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*Vaccines are the best way to protect yourself from preventable diseases.*

Vaccine	What does it do?	How is this disease spread?
Chickenpox	Protects against chickenpox, which can cause very serious breathing problems like pneumonia, and even heart problems.	Spread through coughing and sneezing, or touching the fluid from the blisters caused by the disease.
COVID-19	Protects against COVID-19, which can result in severe illness or death.	Spread by coughing, sneezing, close contact or touching a contaminated item.
DTaP/Tdap	Protects against diphtheria, tetanus, and whooping cough.	Diphtheria and whooping cough are spread very easily by coughing and sneezing. Tetanus is spread by infected wounds.
Flu	Protects against flu, which can cause very serious breathing problems like pneumonia, or heart problems.	Spread through the air by coughing and sneezing, or by touching unclean objects.
Hepatitis A	Protects against hepatitis A, which can cause liver disease.	Found in the stool of infected people, which often gets on objects and into food and water.
Hepatitis B	Protects against hepatitis B, which causes liver cancer and liver failure.	Spread by touching infected blood or other bodily fluids.
Meningococcal	Protects against meningococcal disease, which can cause blood infections and meningitis (swelling of the covering of the brain and spinal cord).	Spread by coughing, kissing, or sharing anything by mouth.
MMR	Protects against measles, mumps, and rubella (german measles).	Spread very easily through the air by coughing and sneezing.
Pneumococcal	Protects against pneumococcal disease, which can cause pneumonia, meningitis, or bloodstream infections.	Spread by coughing and sneezing. Many people have pneumococcal bacteria in their noses and throats. It is unknown why it suddenly invades the body and causes disease.
Polio	Protects against polio, which can result in permanent paralysis.	Found in the stool and saliva of infected people, which often gets on objects and into food and water.
Typhoid	Protects against typhoid, which causes high fever, fatigue, weakness, stomach pains, headache, loss of appetite, and sometimes a rash.	Found in the stool of infected people, which often gets into food and water.
Shingles	Protects against herpes zoster (shingles), which can cause long-term nerve pain and vision loss.	People get shingles when the varicella-zoster virus, which causes chickenpox, reactivates in their bodies after they have already had chickenpox.
Yellow fever	Provides life-long protection against yellow fever, which can cause severe liver disease with bleeding and yellowing skin and eyes (jaundice).	Spread through the bites of infected mosquitos. Infected people's blood can also spread the virus to mosquitoes and rarely to other people though exposure to infected blood.