

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 **WithinReach** Family Health Hotline at **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.
- Ask your healthcare provider about this state program.



Required Vaccine

- Meningococcal vaccine for adults and children over two years of age is required if taking part in Hajj or Umrah.
- The meningococcal vaccine is good for about five years.

Recommended Vaccines

- MMR, polio, DTaP/Tdap, chickenpox, and flu
- Hepatitis A, hepatitis B, typhoid, rabies, and pneumococcal

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 travel webpage** for more information.



VACCINES

Protect you

FROM Disease

Vaccine	What does it do?	How is this disease spread?
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.
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.
MMR	Protects against measles, mumps, and rubella (german measles).	Spread very easily through the air by coughing and sneezing.
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.
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.
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 body fluids.
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.
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.

It starts with you... Get Vaccinated!

www.doh.wa.gov/Immunization