Mass Gatherings and Hajj Travel

Health Advice And Concerns

Dr Dipti Patel
National Travel Health Network and Centre
Some typical scenarios

Mohammed
45 years, fit and well
Hajj for the 2nd time (over 3 yrs ago)
Leaving in 2/12
Previous ACWY polysaccharide vax
Nigerian passport

Asama
25 years, 26/40
Leaving for Umrah in 2/52
Stay 3/52 in good hotel
No record of previous vax

Abdul Hakkim
79 years
IHD and Parkinson’s Disease
Hajj in 2/12
Family want advice on medical care

Ali and Asif
6 weeks and 2 years
Parents undertaking Umrah imminently
Asif has just had his 2nd men C

Razya
56 years
Travelling with family to Hajj in 1 week
Has Crohn’s disease – on azathioprine
Plans to visit family in Kenya after
Plan

- The Hajj/Umrah
- Health risks
- Providing travel advice
- Other mass gatherings
- Useful resources
Hajj and Umrah

Hajj

- Annual pilgrimage made by Muslims to Makkah (Mecca) with the intention of performing certain religious rites
- Annual at the same time of lunar calendar

Umrah

- Often referred to as “little pilgrimage”
- Undertaken at any time of the year
The Hajj Journey

Overview - Hajj
The Hajj – A Mass Gathering

- The KSA hosts more than 3 million people from around 180 countries for both the Umrah and Hajj season
- From the European Union close to 45,000 pilgrims arrive to KSA each year.

Source: Saudi Arabian Ministry of Hajj, Hajj Statistics
Mass Gatherings – Key Planning

- Risk analysis
- Surveillance
- Response
Main Health Concerns for the Hajj

**Communicable**
- Extended stays
- Extreme heat
- Crowded accommodation
- Inadequately prepared or stored food

**Non – communicable**
- High physical demands
- Environmental challenges
- Age
- Pre-existing illness

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**Food/water borne diseases**

**Respiratory and airborne diseases**

**Blood borne diseases**

**Zoonotic diseases**

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**Cardiovascular diseases**

**Heat related illness**

**Trauma**
Communicable Diseases At MGs

- Diseases endemic in the host country
- Diseases endemic in the home countries
- Way in which populations mix
- International travel
The Amplifying Chamber of the Hajj
Meningococcal Meningitis ACWY

• Proof of vaccination required
• Vaccine certificate valid for 3 years
• 3 vaccines available for travel
  • ACWY Vax, Menveo®, Nimenrix
• Chemoprophylaxis for arriving pilgrims from the African meningitis belt
Respiratory Tract Infections

- Most common cause of hospital admission
- Hajj cough - viral URTI - RSV, parainfluenza, influenza, adenoviruses
- Recommendations from Saudi MoH:
  - Surgical face mask when in crowds
  - Vaccination against seasonal influenza
22 June 2013 Last updated at 21:26 ET

New Mers-Coronavirus continues to smoulder

Prof Jonathan Ball, a virologist at the University of Nottingham, UK, assesses the potential of the Middle East Respiratory Syndrome Coronavirus (Mers-CoV) to spread more rapidly through human populations.

“What’s the truth about this new coronavirus - is it like Sars? Should we be worried?”

With each new outbreak, these questions are increasingly posed.

It is almost one year since this virus reared its head and we are only just beginning to piece together the jigsaw - and the truth is some very important pieces are still missing.
MERS Coronavirus – The Emerging Story…

- April 2012 - Outbreak in Jordan, involving healthcare workers
- June 2012 - Case of pneumonia of unknown cause identified in KSA, later confirmed by laboratory in Netherlands as new (novel) Coronavirus - patient died
- September 2012 - Case of severe pneumonia of unknown cause transferred from Qatar to London - confirmed as same novel coronavirus as Saudi case
- February 2013 - Case travelled from Pakistan, through Saudi, to UK diagnosed as novel coronavirus; illness transmitted to 2 contacts
- April 2013 - Outbreak linked to healthcare facility in eastern Saudi
MERS Coronavirus – continued

- No source identified
- Transmissibility uncertain
- Character of illness not certain

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**Health Professionals**

**Clinical Updates**

9 July 2013

**Middle East respiratory syndrome coronavirus, MERS-CoV: update on case numbers**

This updates the previous Clinical Update of 27 June 2013

As of 7 July 2013, the total number of cases of MERS-CoV reported globally by the World Health Organization (WHO) is 80, including 44 deaths [1].

Details of these cases can be found in the summary table below [1,2]:

<table>
<thead>
<tr>
<th>Countries</th>
<th>Cases (deaths)</th>
</tr>
</thead>
<tbody>
<tr>
<td>France</td>
<td>2 (1)</td>
</tr>
<tr>
<td>Italy</td>
<td>3 (0)</td>
</tr>
<tr>
<td>Jordan</td>
<td>2 (2)</td>
</tr>
<tr>
<td>Qatar</td>
<td>2 (0)</td>
</tr>
<tr>
<td>Saudi Arabia</td>
<td>65 (38)</td>
</tr>
<tr>
<td>Tunisia</td>
<td>2 (0)</td>
</tr>
<tr>
<td>United Kingdom (UK)</td>
<td>3 (2)</td>
</tr>
<tr>
<td>United Arab Emirates (UAE)</td>
<td>1 (1)</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>80 (44)</strong></td>
</tr>
</tbody>
</table>
MERS – what do we know?

Not like SARS in some important ways:

• It does not appear to spread as easily
• It does not affect healthcare workers as easily

It is like SARS in its clinical manifestations:

• Severe pneumonia and respiratory failure
• It is like SARS in its ability to engage the media and then to scare people

…..So it could be like SARS in its ability to cause an economic impact
Public Health

- MoH publishes requirements for each season
- Monitoring at ports of entry
- Isolation for suspected communicable disease
- Public health teams where the Hajj takes place
- Surveillance for 9 communicable diseases
Healthcare

- Free healthcare to pilgrims during the Hajj
- In 2012 - 25 hospitals with 4427 bed capacity (500 critical care and 550 emergency care)
- 141 health centres in vicinity of the Hajj with 20,000 specialised personnel
Where to find travel health recommendations

Health Professionals

Recent Clinical Updates
Regular reports on outbreaks of disease, vaccine supply issues, and recommended changes in advice and practice. The most recent Clinical Updates are listed below.

- 9 July 2013
  Middle East respiratory syndrome coronavirus, MERS-CoV: update on case numbers

- 5 July 2013
  Yellow fever activity update: Ethiopia and Democratic Republic of Congo

- 27 June 2013
  Middle East respiratory syndrome coronavirus, MERS-CoV: Saudi Arabia - update on case numbers

- 25 June 2013
  Southeast Asia haze: Malaysia, Singapore

  - Be notified when a new Clinical Update is posted
  - View all Clinical Updates
  - Search for outbreaks on the Outbreak Surveillance Database

News and Announcements
2 July 2013
Rotavirus Vaccine FAQ
NaTHNaC have developed a frequently asked questions section
Country information

Saudi Arabia
Welcome to the NaTHNaC Country Information page.
The information on this page should be used as part of a comprehensive pre-travel health consultation. Ideally this should be scheduled at least six weeks prior to travel. All travellers should have adequate travel health insurance.

Contents
On this page:
- Recent Clinical Updates
- General Health Risks
- Vaccine Preventable Risks
- Non-Vaccine Preventable Risks

Country Specific Links:
- NaTHNaC Outbreak Surveillance
- Foreign and Commonwealth Office (including information on security, safety and natural disasters)

View Disclaimer

Recent Clinical Updates
Clinical Updates | General Risks | Vaccine Preventable Risks | Non-Vaccine Preventable Risks
Back to Top

9 July 2013: Middle East respiratory syndrome coronavirus, MERS-CoV: update on case numbers
27 June 2013: Middle East respiratory syndrome coronavirus, MERS-CoV: Saudi Arabia - update on case numbers
21 June 2013: Middle East respiratory syndrome coronavirus, MERS-CoV: Saudi Arabia - update

Vaccine Preventable Risks: Yellow Fever | Additional Risks | Back to Top

The diseases below may be a risk in all or part of the country and are presented alphabetically:
Hepatitis A, Hepatitis B, Meningococcal meningitis, Rabies, Tetanus, Typhoid

HEPATITIS A
Hepatitis A is a viral disease that causes inflammation of the liver. A map showing the global areas at risk for hepatitis A can be found here (102 KB GIF)

Risk assessment
- Epidemiology - Hepatitis A is known to occur in this country although the risk to most travellers is considered to be low.
- Exposure - Hepatitis A is transmitted through contaminated food and water. Travellers who will have access to safe food and water are at low risk. Those at higher risk include travellers visiting friends and relatives, long stay travellers, and those visiting areas of poor sanitation.

Risk management
- Travellers should practice strict food, water and personal hygiene precautions.
- Vaccine may be given to travellers whose planned activities put them at higher risk of exposure (see above).
- Because hepatitis A vaccine is well tolerated and affords long-lasting protection, it may be given to all previously unvaccinated travellers.
- Vaccine should also be given to those with chronic liver disease or haemophilia, men who have sex with men, injecting drug users and those at occupational risk.

Resources

<table>
<thead>
<tr>
<th>Health Professionals</th>
</tr>
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<tbody>
<tr>
<td>NaTHNaC health information sheet on hepatitis A</td>
</tr>
<tr>
<td>Department of Health: Immunisation against Infectious disease (Green Book) - Hepatitis A</td>
</tr>
<tr>
<td>NaTHNaC Health Information Sheet on Prevention of Food and Water-Borne Diseases</td>
</tr>
</tbody>
</table>

| Travellers |
|-----------------
| NaTHNaC Health Information Sheet on Hepatitis A |
| NaTHNaC Health Information Sheet on Prevention of Food and Water-Borne Diseases |

Additional Risks | Back to Top

HEPATITIS B
Clinical Updates and News Section

• Vaccine supply and recall issues
• Updated green book chapters
• Outbreaks or events relevant to British Travellers
Outbreak surveillance

<table>
<thead>
<tr>
<th>Disease</th>
<th>Country</th>
<th>Reported Date (dd/mm/yyyy)</th>
<th>Region</th>
<th>Location</th>
<th>New/Updated</th>
<th>Source</th>
<th>Verification</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coronavirus</td>
<td>Saudi Arabia</td>
<td>26/06/2013</td>
<td></td>
<td>Update</td>
<td>WHO Other</td>
<td>Verified: WHO</td>
<td></td>
<td>The World Health Organization (WHO) has acknowledged the outbreak in Saudi Arabia and the death of a previously announced patient who was asymptomatic. The cases increased the global MERS-CoV death toll.</td>
</tr>
<tr>
<td>Coronavirus</td>
<td>Saudi Arabia</td>
<td>24/06/2013</td>
<td>Eastern region</td>
<td>Riyadh region</td>
<td>Update</td>
<td>WHO Disease Outbreak News</td>
<td>Verified: WHO</td>
<td>Saudi Arabia has reported six additional cases of MERS-CoV since the last report, bringing the total number of cases to 78, including 25 deaths.</td>
</tr>
<tr>
<td>Coronavirus</td>
<td>Saudi Arabia</td>
<td>18/06/2013</td>
<td>Ar Riyadh and Eastern District</td>
<td>(Ash Sharqiyah)</td>
<td>Update</td>
<td>WHO Disease Outbreak News</td>
<td>Verified: WHO</td>
<td>On 17 June 2013, Saudi Arabia’s Ministry of Health (MoH) announced the second MERS-CoV case in the country. The patient is a 63-year-old woman with underlying medical conditions who had contact with the first reported case.</td>
</tr>
<tr>
<td>Coronavirus</td>
<td>Saudi Arabia</td>
<td>13/06/2013</td>
<td></td>
<td>Update</td>
<td>State Authority</td>
<td>Verified: State Authority</td>
<td></td>
<td>On 12 June 2013, Saudi Arabia’s Ministry of Health (MoH) confirmed the first MERS-CoV case in the country. The patient is a 21-year-old woman resident who had traveled to security.</td>
</tr>
<tr>
<td>Dengue fever</td>
<td>Saudi Arabia</td>
<td>14/06/2013</td>
<td>Western Province (incl.  Mecca (Makkah))</td>
<td>Update</td>
<td>Media</td>
<td>Unverified: Media Report</td>
<td></td>
<td>In the past week alone, 252 cases of dengue fever have been reported in Saudi Arabia.</td>
</tr>
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NaTHNaC – Social Media

Travel Health
@NaTHNaC
NaTHNaC is a UK governmental body promoting excellence in the practice of travel medicine. Our broad goal is ‘Protecting the Health of British Travellers’
Liverpool/London · nathnac.org

778 TWEETS
442 FOLLOWING
950 FOLLOWERS

Facebook
National Travel Health Network and Centre

159 likes · 31 talking about this
National Travel Health Network and Centre
3 July · 26 June

Twitter

Facebook

YouTube

LinkedIn

Google+
Pre travel

- General health – are they fit to go?
- Are they aware of the risks
- Advice on general preventive measures
- The 3R’s of vaccination
  - Routine
  - Required
  - Recommended
- Adequate supply of meds
- Consider medical kit including TD kit
- Travel insurance
Current advice for Hajj

**Saudi Ministry of Health Requirements**

Hajj and Umrah visitors must have certificates for the following vaccinations before entering the Kingdom of Saudi Arabia:

**Meningococcal Meningitis**

A certificate of vaccination against Meningococcal Meningitis is required from all visitors from all over the world arriving for the purpose of Umrah or Hajj. The certificate must have been issued not more than three years and not less than one year before arrival.

The required vaccination certificate must be carried out of the country by all visitors to Saudi Arabia.

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**Health Professional Sheets**

Advice for Pilgrims: Hajj and Umrah

Hajj, the annual pilgrimage to Makkah (Mecca), in the Kingdom of Saudi Arabia (KSA), is the largest gathering of its kind in the world. Each year over two million Muslims from around the world gather in Makkah.

Each year, the KSA Ministry of Health (MOH) issues specific requirements for entry to the Hajj and Umrah, usually during the summer months before the Hajj and Umrah season commences. The Hajj pilgrimage occurs between the 8th and 12th day of the twelfth month of the Islamic calendar. The 1434H season is estimated to fall between 13 and 15 October 2013.

[1] Umrah is a shorter, non-compulsory pilgrimage for Muslims.
During travel and on return

- Facemask use*
- Adequate hydration
- Sunscreen
- Seek shade
- Insect repellents
- Avoid severe crowds
- Food and water and personal hygiene
- Initiate self treatment as needed
- Continue usual medications
- Reporting illness
## Some typical scenarios

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<th>Age</th>
<th>Medical History</th>
<th>Plans</th>
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<td></td>
<td>6 weeks</td>
<td></td>
<td>Asif has just had his 2nd men C</td>
</tr>
<tr>
<td></td>
<td>and 2 years</td>
<td></td>
<td></td>
</tr>
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Other mass gatherings
Resources

Health Information for Overseas Travel
Guidance for those15years in the returned traveler

2.2 Risk Assessment

- Health Information for Overseas Travel
- Guidance for those 15 years

3.1 Cardiovascular and Cerebrovascular Disease

- Cerebrovascular disease
- Cardiovascular disease

3.1.1 Cardiovascular and Cerebrovascular Disease

- Cerebrovascular disease
- Cardiovascular disease

COUNTRY RISKS

- Risky industrial hazards: work-related hazards
- Risky environmental hazards: work-related hazards

Environmental Risks

- Altitude
- Traveller's disease
- Malaria

Foreign travel advice

1. Saudi Arabia

- Summary: Current travel advice
- Key requirements
- Safety and security
- Health
- Natural disasters
- Contacts: FCO Travel Advice Team

Health

- Contact your GP around 6 weeks before your trip to check whether you need any vaccinations or other preventive measures.
- Country specific information and advice is published by the National Travel Health Network and Centre, and useful information about healthcare abroad, including a country-by-country guide of reciprocal health care agreements with the UK, is available from NHS Choices.
Thank you for your attention!

www.nathnac.org/
Advice line for health professionals
Telephone: +44 (0)845 602 6712 (local rate)
Monday to Friday:
08.30 – 11.45 hrs
13.00 – 15.15 hrs