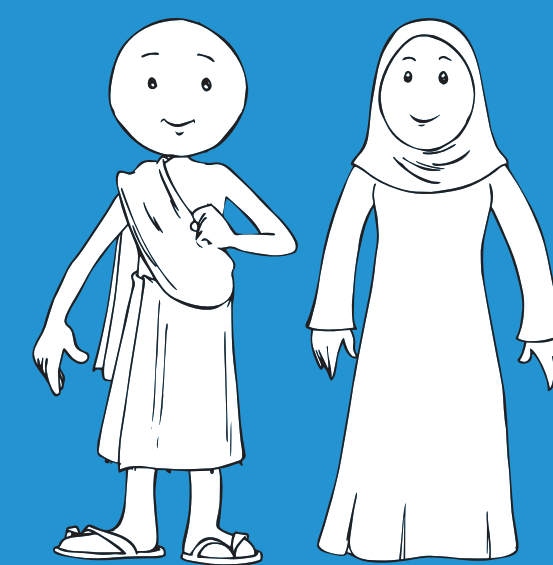


# MERS-CoV

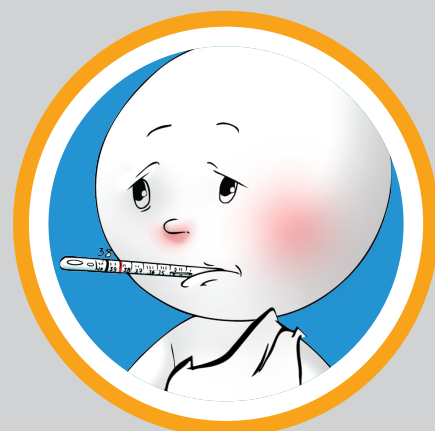
Middle East respiratory syndrome coronavirus



Preventive messages for hajj and umrah pilgrims

MERS-CoV can cause serious and sometimes deadly illness. However, by adopting certain precautions you can protect yourself and stop the spread of disease.

► The common symptoms are:



Fever  
(38° C and higher)



Cough



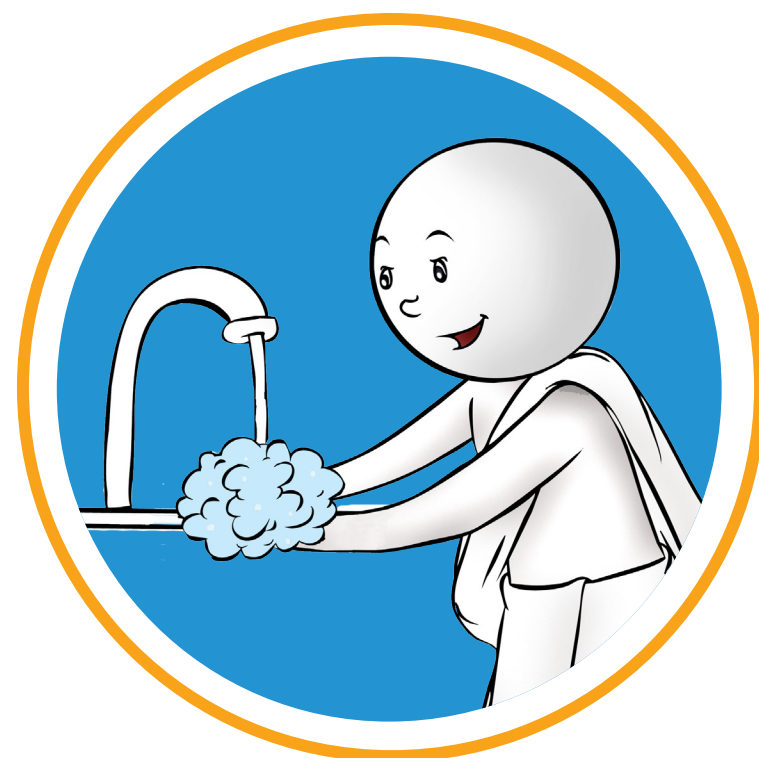
Difficulty in breathing



If you have a chronic disease (e.g. chronic lung disease, renal failure or diabetes), consult your physician before travelling for umrah or hajj



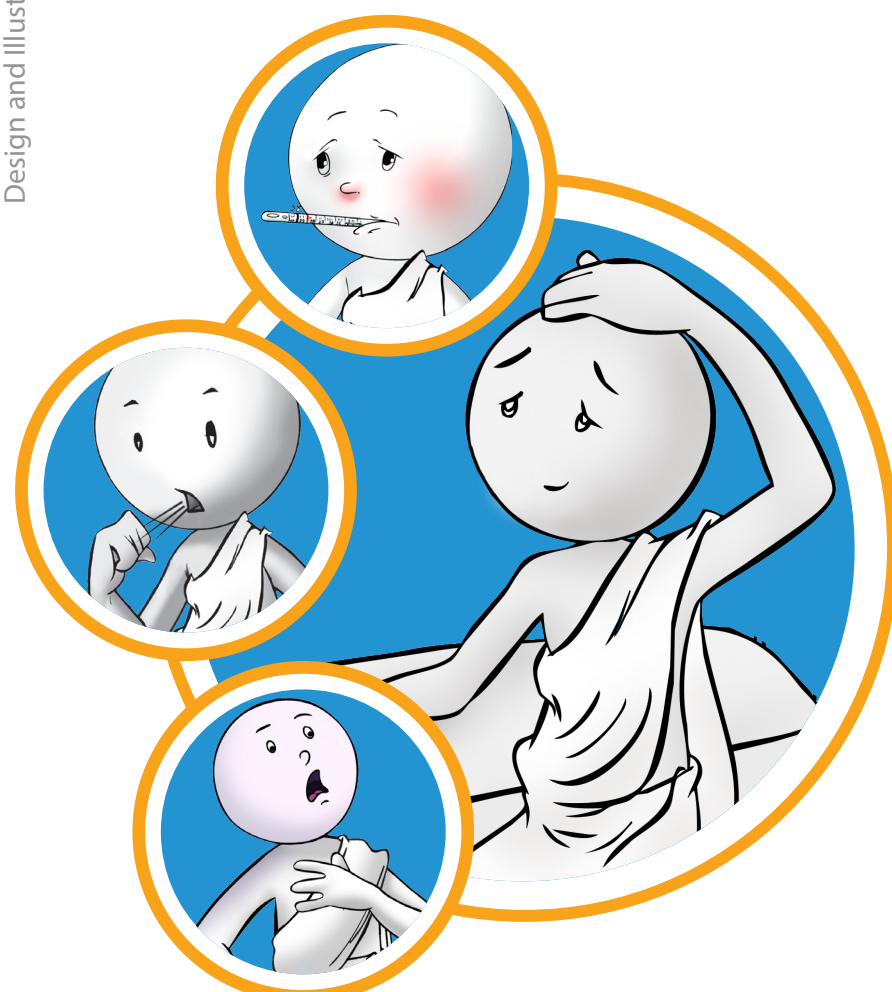
Cover your mouth with a disposable tissue when coughing or sneezing. If a tissue is not available, cough or sneeze into your upper sleeve



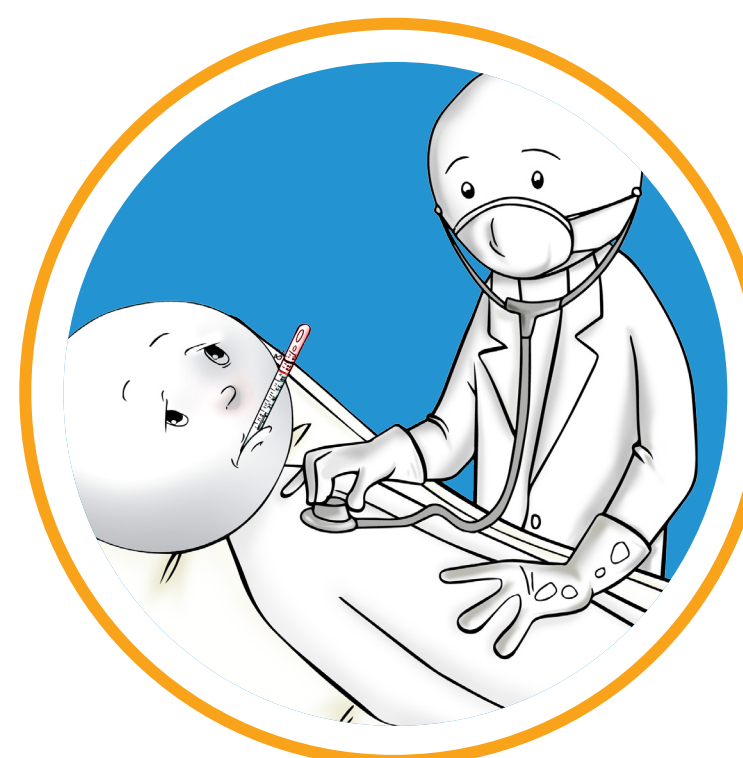
Wash your hands regularly with soap and water and maintain good personal hygiene



Avoid close contact with camels, drinking unpasteurized camel milk and only eat well cooked camel meat



If you have fever (38° C and higher), cough or difficulty in breathing during hajj or umrah, contact your nearest health worker



If you develop fever or severe cough within two weeks of returning from hajj or umrah contact your nearest health worker

