



# Cough Relief During Hajj and Umrah



## How to protect yourself from catching cold & cough during Hajj

During Hajj thousands of people complain of cough as a result of crowded settings at religious places. Below is a variety of health tips and guidelines to avoid catching and transmitting infectious diseases:



Bathe and wash hands regularly using water and soap.



Have small bottles of sanitizers as washrooms may not always be available.



Use handkerchiefs or upper arms instead of hands to cover nose and mouth when coughing and sneezing.



Discard contaminated handkerchiefs and wastes into the trash.



Use a face-mask, especially in crowded places. Change them periodically.



Pay attention to oral and dental cleanliness.



Avoid spitting on the floor, as it is a hazardous source of infection.



Use Nisita® to clean and moisten the inner lining of your nose.

### Prospan®

Pilgrims are commonly affected by respiratory tract illnesses and the Hajj cough is considered almost custom. It is advised to carry symptomatic relief such as Prospan® to relieve cough and loosen mucus and phlegm. The use of antibiotics is discouraged unless evidence of bacterial infection exists.

### Why Prospan®?



NATURALLY SOURCED



CLINICALLY PROVEN

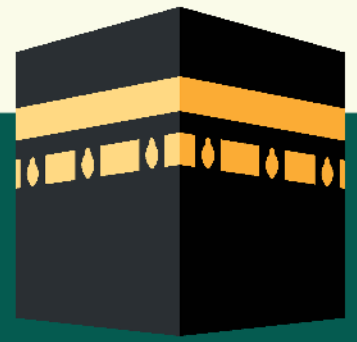


TASTES LIKE CHERRY

For more information, please visit [www.prospanarabia.com](http://www.prospanarabia.com)

**We Wish You a Speedy Recovery.**

# A Step-by-Step HAJJ GUIDE



Each year, millions of Muslims perform the Hajj pilgrimage, between 8-Dhu al-Hijjah and 13-Dhu al-Hijjah. Prospan® will guide you through the Hajj pilgrimage step-by-step.

## Day One: 8-Dhu al-Hijjah

### Ihram

Ihram is a special state of spiritual purity and sacred intention. To enter Ihram, men and women should wear specific Ihram clothing. For men, it is a distinctive white outfit consisting of two unsewn pieces. As for women, they must cover their bodies in a loose-fitting outfit that only reveals their faces and hands.

### Mina

Pilgrims head to Mina and stay for the whole day. During Hajj, most of the time is spent in prayer and du'a.



## Day Two: 9-Dhu al-Hijjah

### Arafat

When the sun rises, pilgrims proceed to Arafat and remain there until after sunset.

### Muzdalifah

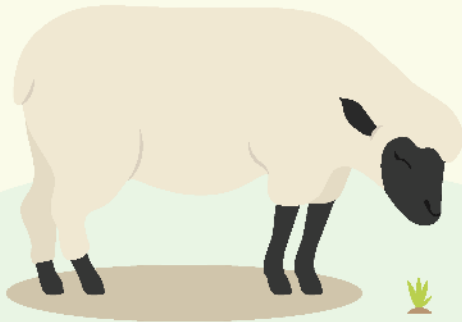
After sunset, pilgrims proceed towards Muzdalifah and spend a night there. Many will also begin collecting pebbles for the third day's rites.



## Day Three: 10-Dhu al-Hijjah

### a. Jamrat al-Aqaba

On Eid al-Adha, pilgrims begin heading back to Mina before dawn. Once in Mina, they perform their first throwing of seven pebbles at the largest of three columns known as Jamrat al-Aqaba.



### b. Sacrifice

Depending on the type of Hajj you have chosen to complete, it may be required of you to sacrifice a sheep, goat, cow or camel. At this point, men pilgrims trim or shave their hair and remove their Ihram clothes. For women, a fingertip length of hair is to be cut off.

### c. Mecca

Many pilgrims head to Mecca to perform Tawaf and Sa'ee, first circling the Kaaba seven times, then walking seven times between the hills of Safa and Marwa and returning to Mina upon completion.

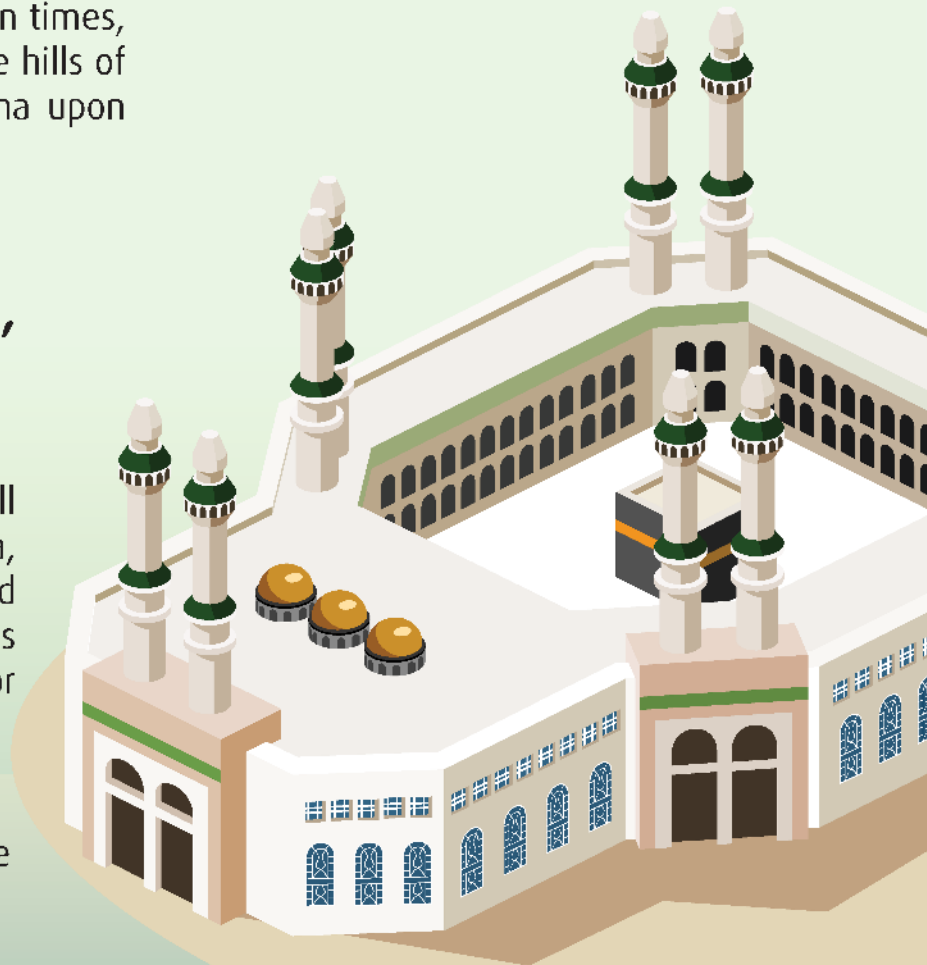
## Day Four, Five, and Six: 11, 12, 13 Dhu al-Hijjah

### Final Days in Mina

Pilgrims will again throw pebbles at all three pillars (Jamrat). Jamrat al-Aqaba, Jamrat al-Wusta (the middle one) and Jamrat al-Sughra (the small one), this time seven pebbles at each for two or three days.

### Mecca

Pilgrims return to Mecca to perform the final circulation of the Kaaba, a "farewell" tawaf.



### Hajj Fundamentals

- Ihram
- Sa'ee
- Arafat
- Tawaf

### Umrah Fundamentals

- Ihram
- Tawaf
- Sa'ee

### Umrah Requirements

- Ihram from Al Miqat
- Cutting of Hair

### Be Aware

- ✦ You must apply all Hajj fundamentals, in case you miss any, the whole process of Hajj is considered not to be completed.
- ✦ If you miss any of the Hajj requirements you must perform a ritual slaughter of a sheep, cow, goat or camel, to compensate.

## Add to your knowledge:

### - Ihram restricts pilgrims from:



Cutting hair



Hunting animals



Trimming / Cutting nails



Using fragrances or perfumes



Covering head for men, and face for women



Indulging in sexual intercourse



Wearing sewn clothes for men



Performing a marriage ceremony

- **Wuquf Arafat:** Literary means 'standing', this refers to the vigil that takes place from noon to sunset on 9-Dhu al-Hijjah.

- **At Muzdalifa:** Pilgrims collect 49 stones in Muzdalifa to be thrown over several days at the three pillars (Jamrat) in the valley of Mina near Mecca.



Prospan® wishes you a

**Hajj Mabrou**