



# Umrah Travel Checklist

Traveling still increases your chance for getting and spreading diseases like COVID-19, measles, and influenza. **Do not travel if you are sick.** Use this checklist as a guide for safer travel to Mecca, Saudi Arabia.

## Before travel

- Make sure you are up to date on your travel vaccinations, including COVID-19, measles, and influenza. Ask your health care provider about other vaccines you might need before traveling. You can also use the [Find COVID-19 Vaccines \(vaccines.gov/search\)](https://www.vaccines.gov/search) tool.
- Know current health requirements in Saudi Arabia. Find information at [The Embassy of the Kingdom of Saudi Arabia: Hajj and Umrah Health Requirements \(www.saudiembassy.net/hajj-and-umrah-health-requirements\)](https://www.saudiembassy.net/hajj-and-umrah-health-requirements).
- Consider getting tested for COVID-19 right before you travel. [AICS \(https://aicsmn.org/\)](https://aicsmn.org/) provides FREE PCR testing Monday through Thursday from 9 a.m. to 3 p.m. at their Minneapolis office (1433 E Franklin Ave Suite 13B).

### Make sure to pack:

- ✓ High-quality, well-fitting masks for everyone traveling in your group.
- ✓ Emergency contact information.
- ✓ Travel-size hand sanitizer.
- ✓ Prescription medications and any other over-the-counter medications you may need.
- ✓ COVID-19 rapid tests. Minnesotans can order free at-home rapid tests through [Say Yes! COVID Test \(https://sayyeshometest.org/\)](https://sayyeshometest.org/). You can also get at-home tests at IANA's Minneapolis office (3355 Hiawatha Ave #202) from 9 a.m. to 3 p.m. Visit [IANA \(www.ianaonline.org\)](https://www.ianaonline.org) or call 612-874-0655.

## During travel

- Respiratory infections are common on the pilgrimage. CDC recommends regular handwashing, wearing a facemask, and practicing physical distancing, if possible, during your travel.
- Wear a mask at mosques and other indoor community spaces, especially in crowded areas, when recommended or required.
- If you start to feel sick or have symptoms, use a COVID-19 rapid test.
  - ◊ If you test positive, wear a mask, do not travel, and follow local public health guidance about how long to stay away from others.

## After travel

- If you are sick, go to a health clinic and let the health care provider know you recently traveled to Saudi Arabia. They can help determine if you need to be tested for travel-related diseases.

