



ASTHMA CARE GUIDE FOR HAJJ PILGRIMS

Controlled asthma, perfect Hajj



Congratulations

DUYUFURRAHMAN

Soon you will be performing the Hajj
in the holy land of Makkah.

Good asthma control is important to ensure that you

- Can perform the Hajj perfectly
- Not be hindered by asthma attacks
- Return home safely with Hajj mabroor.



GOOD ASTHMA CONTROL

01

Must be achieved before leaving
for the holy land.

02

Maintained while performing the Hajj.

03

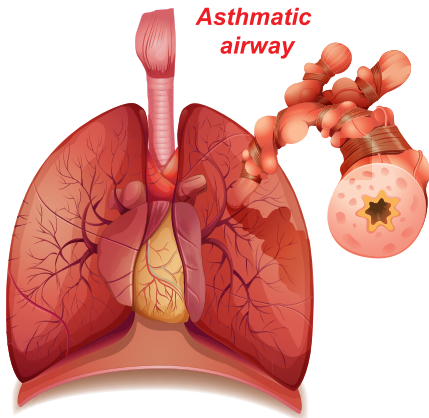
Maintained upon return to the homeland.





DETERMINING ASTHMA CONTROL

UNCONTROLLED ASTHMA



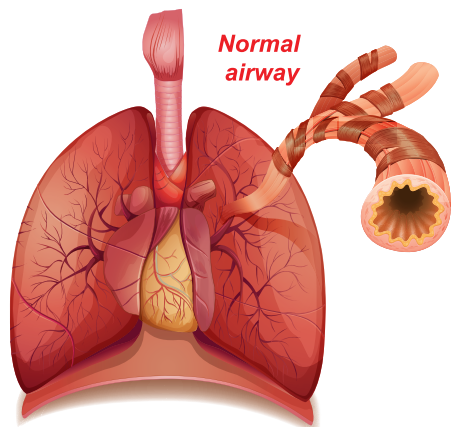
In the last month, you have experienced:

1. Shortness of breath, chest tightness, wheezing or prolonged coughing
 - 2 times or more per week during the day OR
 - Once or more per week at night
2. Have to use the reliever 2 times or more per week .
3. Your activities are limited or halted because of asthma.

Action *Please visit your doctor and have a check-up.*

CONTROLLED ASTHMA

If your asthma is well controlled, continue treatment and follow-up with your doctor as scheduled.

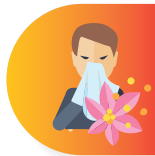


ASTHMA TRIGGERS

Asthma attacks can be prevented by avoiding exposure to these triggers



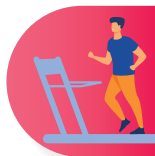
Extreme weather, cold/hot



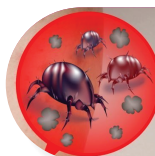
Pollen



Stimulant like perfumes or paint



Heavy exercise



Dust mite

Viral infection to respiratory system



Certain food or medication



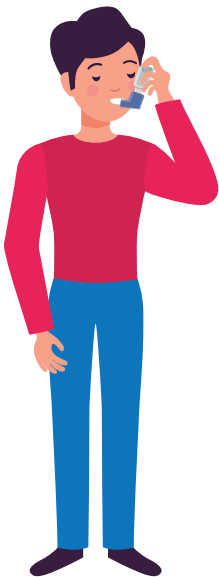
Pets



Smoking and polluted air



Heightened emotion



ASTHMA TRIGGERS IN THE HOLY LAND

Did you know, about 3 million people from all over the world perform Hajj every year? In the holy land, pilgrims are at risk of getting an asthma attack due to several factors.

Makkah

- Dusty, dry and hot desert area.
 - Extreme weather, the temperature during the day can exceed 40 °C to a low of 18 °C in winter.
 - Excessive smoke emissions from vehicles affects the air quality.
 - Pigeons feathers and droppings.
 - The very large number of pilgrims and crowded areas increases the risk of viral infection.
- ADVICE : COVID-19 vaccination is mandatory whereas Influenza and Pneumococcal vaccinations are highly recommended.

1. ENVIRONMENTAL



Avoid being outdoor a lot and if you are outside the building, wear a face mask and always maintain cleanliness.

Reminder

2. ACCOMMODATION



- At the hotel, Hajj pilgrims stay with other pilgrims in the same room who may wish to turn on air conditioning. The cold temperature can trigger your asthma, choose a location away from the air conditioner and wear a thicker clothing in the room.
- While in Arafah and Mina, pilgrims will stay in a confined tent that is shared with several other pilgrims. Crowdedness also can trigger the asthma.



ASTHMA TRIGGERS IN THE HOLY LAND

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3. PHYSICAL ACTIVITY

- The Hajj involves many rituals that require you to walk a lot. Good respiratory function and fit stamina are important to prevent asthma attack.

i. **Walking between accommodation hotels and the mosque**

The distance between the Malaysian pilgrims' hotels to Masjidil Haram is between 650 meters to 1 km

ii. **Tawaf**

The distance for 7 rounds of Kaabah is between 500 meters to 1 km

iii. **Sale**

The distance of walking back and forth between the hills of Safa and Marwah for 7 times is about 5 km

iv. **Stoning at Jamrah**

The distance of walking back and forth between Malaysian camps in Mina and Jamrah is between 7 to 10 km.



- As a preparation to carry out these physically challenging activities, you are encouraged to exercise regularly. If you have never or are not used to exercising, start now. Exercise for 30 minutes for at least 5 times a week. Brisk walking is an example of light exercise that can be done.

Please make sure that you bring along all your medication upon leaving to Arafah, Muzdalifah and Mina because there is limited medical service over there.

Reminder





ASTHMA MEDICATIONS

Don't be confused with your asthma medications. Please adhere to your medication and ensure correct practice of inhaler techniques. Please be guided by your doctor or pharmacist.

1. ASTHMA PREVENTER MEDICATIONS

Asthma preventer medications must be taken regularly everyday and continuously.



2. ASTHMA RELIEVER MEDICATIONS

Asthma reliever medication is only taken when you have signs of an asthma attack. These are example of asthma reliever medications.



- Make sure you bring an adequate supply of your medication for a period of 2 months.
- When on the plane, make sure this medicine is stored in a bag brought in the top cabin and not the checked-in luggage. You may need this medication during a long flight.



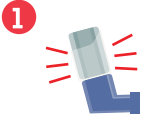
Reminder



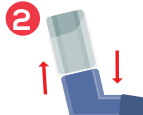
HOW TO USE MDI WITH SPACER

When you experience the asthma attack or during emergency, use the reliever inhaler with spacer.

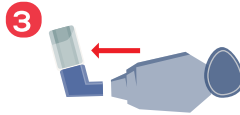
USING SPACER WITH MASK



1 Look and check for any foreign object. Check the expiry date of the inhaler.



2 Shake the inhaler in up and down movement for 5 to 10 times.



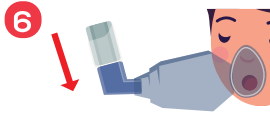
3 Remove the inhaler cap and connect it to the spacer.



4 Breath out.



5 Place the mask over the face with a good seal covering the nose and the mouth.



6 Press 1 puff of the medicine. Breath normally for 3 to 10 times with mouth opened, without removing the spacer.



7 Breath slower if whistle sound is heard.



8 Wait for 30 seconds before repeating step 4 to 6 for the next doses if indicated.

USING SPACER WITH MOUTHPIECE



1 Look and check for any foreign object. Check the expiry date of the inhaler.



2 Shake the inhaler in up and down movement for 5 to 10 times.



3 Remove the inhaler cap and connect it to the spacer.



4 Breath out.



5 Insert the mouthpiece into the mouth and close lips tightly.



6 Press 1 puff of the medicine. Breath in slowly and deeply. Hold the breath for 10 seconds and breath out through nose or mouth.



7 Breath slower if whistle sound is heard.



8 Wait for 30 seconds before repeating step 4 to 6 for the next doses if indicated.




SIGNS OF ASTHMA ATTACK

SIGNS OF A MILD/MODERATE ATTACK

1  Rapid breathing, chest tightness, wheezing.

3  Can still continue light activities but limited.

2  Able to talk.

4  Able to lie down.

SIGNS OF A SEVERE AND SERIOUS ATTACK

1  Chest tightness and severe difficulty in breathing, wheezing

3  Unable to continue activities

2  Unable to talk in sentences

4  More comfortable sitting bent forward

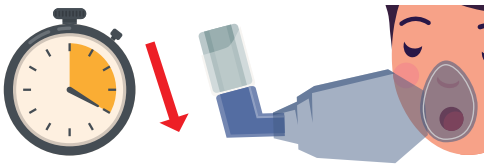


ACTIONS DURING ASTHMA ATTACK

If you experience mild to moderate asthma attack, please follow the steps below.

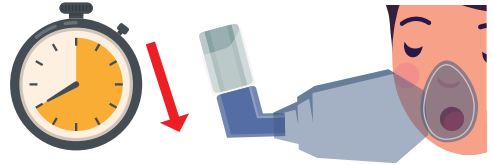


Attach reliever inhaler to spacer. Take 4 to 10 puffs using either face mask or mouthpiece. Wait for 20 minutes.



20 minute

If you do not feel relief, take another 4 to 10 puffs.



40 minute

If you still do not feel relief, take another 4 to 10 puffs.

AFTER 1 HOUR

Better



Continue to self-monitor your asthma control and take the medication as prescribed.



Worse

Get immediate help from the nearest clinic or hospital.



**Important
Reminder**

For severe asthma attack, seek urgent medical attention. Follow above measures while waiting and until you have received the emergency treatment.



RETURNING TO THE HOMELAND

Asthma is a chronic respiratory disease. If your asthma control worsens after you have returned home, follow the guide and measures provided.



If your asthma is well controlled, adhere to your asthma medication and the scheduled follow up.



**May God blesses your journey and
grant you Hajj Mabroor.**

Controlled asthma, perfect Hajj

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