

فقيه.

اكاديمية فقيه الطبية  
Fakeeh Care Academy

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مجموعة فقيه للرعاية الصحية  
Fakeeh Care Group



## Exposure to Dehydration during Umrah and Hajj

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It occurs when the amount of water the body gets is less than the amount lost through vomiting, diarrhea, exhalation, sweat or urination.

### Factors that increase susceptibility to dehydration during Umrah and Hajj:

1. Excessive urination, as is the case in diabetics.
2. Exposure to sunlight and high temperatures for a long time.
3. Excessive sweating due to strenuous physical activity
4. Diarrhea or vomiting.
5. Taking some diuretics.
6. Drinking caffeine-containing drinks in large quantities, which increase the loss of body fluids.

### Symptoms:

1. Extreme thirst
2. Feeling tired or dizzy
3. Dark yellow urine
4. Dry mouth, lips and eyes
5. Less urination than usual

### To avoid dehydration while performing Umrah and Hajj:

Dehydration may occur without noticeable symptoms, so it is important to take the following precautions:

1. Drink a sufficient amount of water before going out to perform the rituals, especially during midday times.
2. Do not wait until you feel thirsty to drink water.
3. When going out to perform the rituals in times of high heat, be sure to drink a glass of water every 15-20 minutes (order of time)
4. Do not exceed 1.5 liters of water per hour, as excessive water intake can cause a serious medical condition.
5. Drinking in short intervals is more effective than drinking large amounts infrequently.
6. Eat fruits and vegetables rich in water, such as watermelon and cucumber.
7. Treatment depends on the severity of the dehydration, so when any of the previous symptoms occur, the body must be compensated with fluids, and it is preferable to visit a doctor for evaluation.

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