

|      |               |         |          |
|------|---------------|---------|----------|
| DATE | 25 / 9 / 2012 | SECTION | National |
| PAGE | 13            | COLUMN  | News     |

## Haj pilgrims cautioned against overexposure to heat

**MEDINA:** Malaysian Haj pilgrims have been advised not to overexpose themselves to direct sunlight due to the extreme hot weather in the Holy Land, with the temperature rising to 44 degrees Celsius at times.

The head of the Malaysian group of pilgrims, Datuk Syed Saleh Syed Abdul Rahman, said pilgrims must exercise caution, especially when going to the mosque or shopping.

"For pilgrims who have yet to leave Malaysia, I hope they will bring along enough medication for the first and second days although the Tabung Haji clinic can accommodate their needs," he told reporters at the Al Haram Hotel which serves as the centre of Tabung Haji's operations here.

Syed Saleh, who is Tabung Haji Senior General Manager, said prospective Haj pilgrims should get enough rest and sleep as there were pilgrims

who lacked sleep and experienced emotional and mental disturbance upon arrival.

He also urged the pilgrims to be wary of their safety and to travel in groups to avoid getting lost.

Syed Saleh said that as of today, 7,535 people or 28 per cent of the total 28,000 pilgrims had arrived in the Holy Land through Medina and Jeddah.

They will head to Mecca on 25 Sept, he said.

He said the Tabung Haji operations centre in Mecca was ready to receive the pilgrims and he was satisfied with the preparations made by Tabung Haji staff in Medina and Mecca.

Tabung Haji's baggage, clinic, bank and food services were well-received by all pilgrims, he said.

Overall, 22 of the 41 flights have arrived in Jeddah and Medina, he said. - Bernama