

the arabian sun

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a weekly Aramco publication for employees

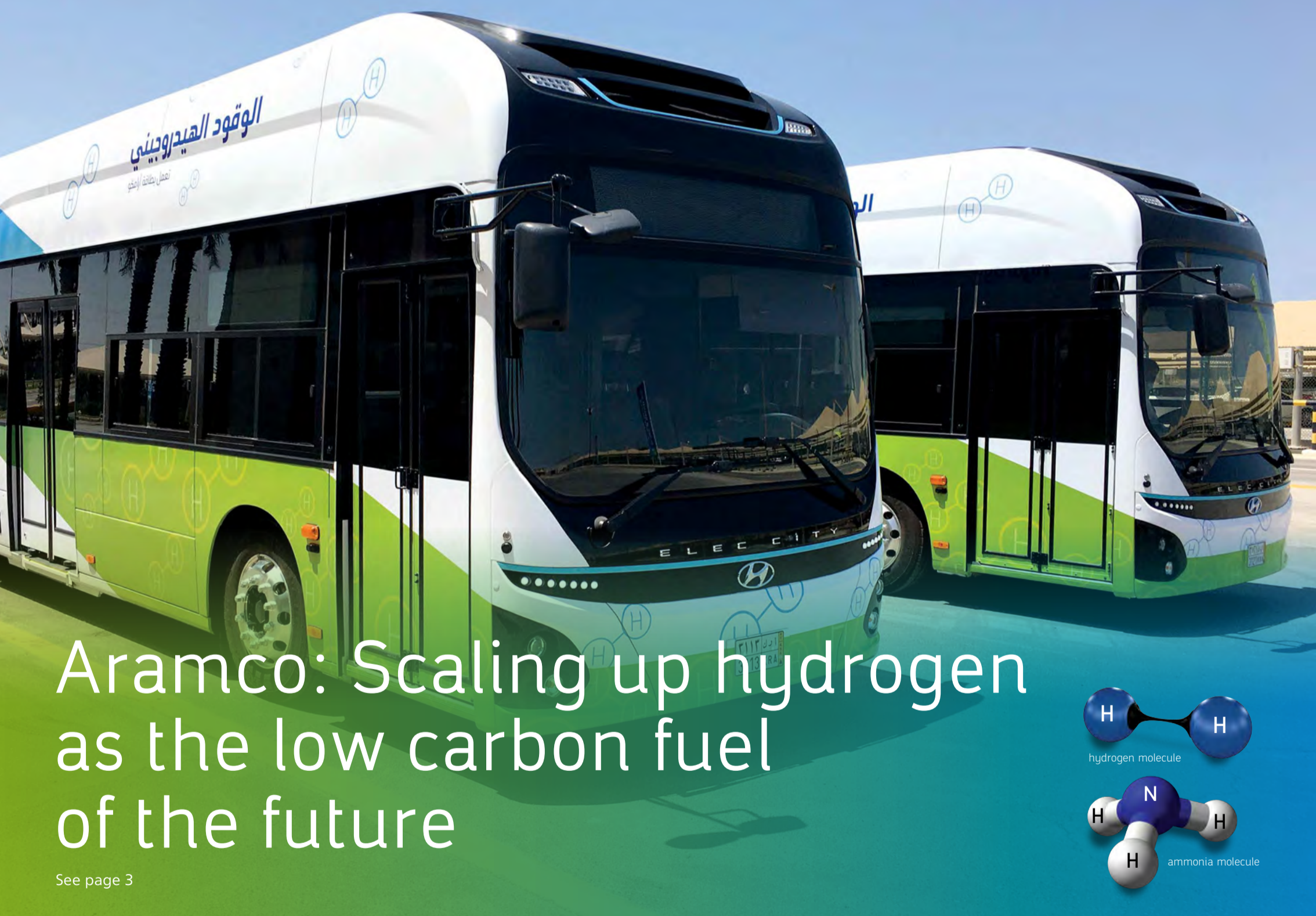


Together we can end the pandemic — get your **second dose**

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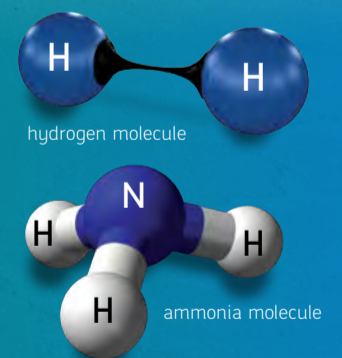
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Aramco strengthens stand on disability, inclusion as part of WEF's Valuable 500 Network

By Dalia Darweesh

Aramco's commitment to Diversity, Equity, and Inclusion (D&I) has always been a corporate priority. As of last year, further efforts have been put in place to ensure that People with Disabilities (PwD) have a presence in the company.

One of the biggest milestones to happen this year is Aramco joining "The Valuable 500" — a global movement including 500 of the most influential business leaders to focus on systematic change — touching on business, social, and economic values for people living with disabilities around the world.

Putting disability on the agenda

The Valuable 500 is a unique movement that puts disability on the business leadership agenda. As a World Economic Forum initiative, 500 CEOs around the world have all agreed to set disability and inclusion on their business agendas, to recognize the value and worth of 1.3 billion people globally living with a disability. This sits at the top of Aramco's operations, as the company is committed to adding comprehensive corporate diversity, equity, and inclusion strategies to place disability inclusion as one of its core values in business leadership.

"We fully recognize the talent, potential, and benefit that people with disabilities bring to our company, and the Kingdom at large. By continuing to celebrate the diversity of our employees, we make Aramco a more inclusive place for all," said Nabil K. Al-Dabal, vice president of Human Resources.

Earlier this year, the company became a member of the business disability forum, a partnership with a disability network around the world that helps businesses create a disability smart world. Aramco also acknowledged the International Day of People with Disabilities last year.



Steps toward inclusion

Aramco strives to empower all of its employees to perform at their full potential, and ensure that equitable access to opportunities are met, for them to grow and succeed at the company. A diverse, equitable, and inclusive workforce and leadership is important to ensuring a sustainable business.

Several significant efforts are currently taking place within the company, such as providing workshops and webinars to provide opportunities for all employees to promote and discuss inclusion for PwD, including:

- A "Reasonable Accommodations" webinar, which provides a basic understanding of the term and educates leaders about different types of accommodations in the workplace
- A "Barriers to PwD Inclusion" webinar, which helps participants understand what an inclusion barrier is and how these barriers prevent PwD from being included in communities and businesses.

Aramco is also intensifying its efforts on hiring — D&I is part of the way that the company does business moving forward.

"To have our president and CEO, Amin

Nasser, sign this pledge proves that our commitment is serious, and aligns with our ambition to become a role model for D&I in the Kingdom and beyond," said Halah T. Albetairi, administrator of the D&I Division of Human Resources.

These efforts underline the company's strategic priority of being the "Best place to work," while attracting diverse top talent. Aramco plans to work toward creating an inclusive environment that promotes diversity and allows everyone to thrive.

Significant commitment

The following goals will be measured and reported on as disability performance to the board of directors:

- Investing in infrastructure and facilities to ensure equitable access, and making appropriate accommodation for people with disabilities through the recruitment process
- Intensifying recruitment efforts, improving policies, and joining networks that will start the conversation and raise more awareness on D&I within the company and its employees
- Building internal employee networks, in addition to resource groups, to support employees with disabilities as a step in



Our commitment is serious, and aligns with our ambition to become a role model for D&I in the Kingdom and beyond.

— Halah T. Albetairi

the right direction.

Amin Nasser, Saudi Aramco president and CEO, and senior management take disability inclusion seriously. During the CEO's Excellence Awards ceremony earlier this month, one of the emcees was Wael Al Omari, who represented the company's employees with disabilities during the prestigious event — yet more evidence of Aramco's commitment to such an important agenda.

Your voice

Good communication the key to effective teamwork



By Husin Sitepu
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Professionally conducting business at work for the benefit of the company requires effective, productive, and harmonious interpersonal communication skills.

Four points

Interacting well with people in your team and other employees is important. One of the key points to achieve the best possible outcome in conducting teamwork is that you need to clearly describe the scope and objective for each part of the project. Each team member will clearly understand his or her specific tasks, time frame, and expectations if you ask them to clarify their tasks. Second, give everyone a chance to say their opinion clearly about their specific tasks. Third, interact with an open mind with every team member. Fourth, get the best possible results and deliver accurate work on time. This will make you a pleasant person to work with, which will

help your career.

If any issue appears, clearly and politely provide win-win solutions. When you disagree with a team member — who might be very pleased with himself or herself — cool-down and always avoid or minimize unnecessary arguments because you are a professional. Work hard on tasks that benefit the company, which will also help your career.

Listen carefully

It is scientifically proven that fostering effective, polite, and clear communication makes people comfortable. An additional important point is that two-way communication also means being an attentive listener. Listen carefully to what people say and only ask questions after the speaker is finished. Good communication between a speaker and a listener is anchored in courtesy.

Ask questions

It is true that a listener cannot be 100% concentrated on a speaker, so the listener should ask the speaker, who is an expert in his or her field, to clarify understanding about key points in a talk. Also, it professionally avoids confusion and shows you understand exactly the message the speaker would like to deliver.

By improving your soft skills on a day-to-day basis, whether at work or at home, and accommodating your ideas for the benefit of the company, you will build trust, respect, and openness between you and other people. Also, by clearly, effectively, and properly communicating specific tasks, everybody will know exactly what is required of him or her to deliver accurate results within the time frame for the benefit of the company.

Aramco: Scaling up hydrogen as the low carbon fuel of the future

Investments in blue hydrogen aimed at helping to meet rising global demand for low carbon energy solutions



By Scott Baldauf

Aramco's efforts to promote and develop low carbon fuel solutions are gaining attention. During a recent media visit to company facilities by news agency Bloomberg, Aramco's chief technology officer, Ahmad O. Al-Khowaiter said that Aramco is exploring investment and partnership opportunities in blue hydrogen to meet increasing global demand for low carbon energy solutions, following the company's first-ever delivery of the low carbon fuel source to Japan last year.



Numerous breakthroughs

Numerous breakthroughs make the production and transport of hydrogen, a volatile element, possible. By converting hydrogen into ammonia, a compound consisting of three parts hydrogen and one part nitrogen, Aramco is able to transport this low carbon fuel in a safe manner, while addressing the challenge of meeting the world's growing energy needs in a reliable and sustainable manner.

The shipment of blue ammonia to Japan in September 2020 was a pilot project, Al-Khowaiter said, adding that the company's early achieve-

Aramco's investments in blue hydrogen are aligned with the concept of a Circular Carbon Economy, in which carbon dioxide emissions are captured at the source. By converting natural gas into hydrogen, emissions are reduced, removed, recycled, and reused. Aramco is already deploying hydrogen fuel vehicles in its transportation fleet, and created the first hydrogen fuel station in the Kingdom.

ments in blue hydrogen put it in a position to have a "large share" of the market. The key will be to respond to the demands of the global energy market, before making further investments to scale up Aramco's blue hydrogen production, Al-Khowaiter said.

"The scale up is unlikely to happen before 2030," Al-Khowaiter told Bloomberg. "We don't expect to see large volumes of blue ammonia before then."

"From the time you make clear off-take agreements, you're talking about a five- to six-year capital cycle to invest in the production and conversion requirements," Al-Khowaiter said. "You're talking about a pretty long time scale."

Shipping blue ammonia

Last year's milestone of producing and shipping 40 tons of blue ammonia — an achievement made possible through a collaboration with SABIC

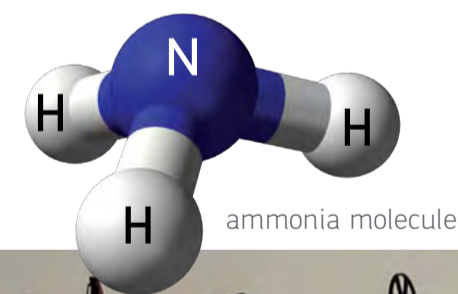
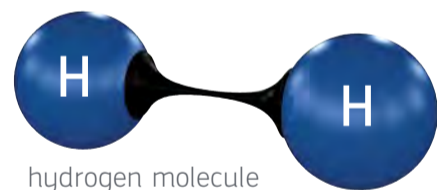
and the Institute of Energy Economics, Japan — highlights one of several pathways within the concept of a global Circular Carbon Economy. This new energy framework proposes to address carbon dioxide (CO₂) emissions in a holistic way. Rather than focusing exclusively on the reduction of hydrocarbon fuel use, emissions should be reduced, removed, recycled, and reused — across the energy system.

To demonstrate hydrogen's potential as a viable fuel for power generation around the world, the challenge of shipping was addressed with the conversion of hydrogen into blue ammonia. For the shipment to Japan for use in power plants, 30 tons of CO₂ were captured during the process and designated for use in methanol production at SABIC's Ibn-Sina facility, and another 20 tons of captured CO₂ being used for enhanced oil recovery at Aramco's 'Uthmaniyah field.

Following the shipment to Japan last year, Al-Khowaiter, said: "The

The use of hydrogen is expected to grow in the global energy system, and this world's first demonstration represents an exciting opportunity for Aramco to showcase the potential of hydrocarbons as a reliable source of low carbon hydrogen and ammonia.

— Ahmad O. Al-Khowaiter



Aramco's shipment of blue ammonia to Japan in September 2020 was a pilot project, seen above, and were among the company's early achievements in blue hydrogen, putting Aramco in a position to have a "large share" of the market for this promising low carbon fuel.



Watch the first blue ammonia shipment.

Women's workplace empowerment in the Kingdom

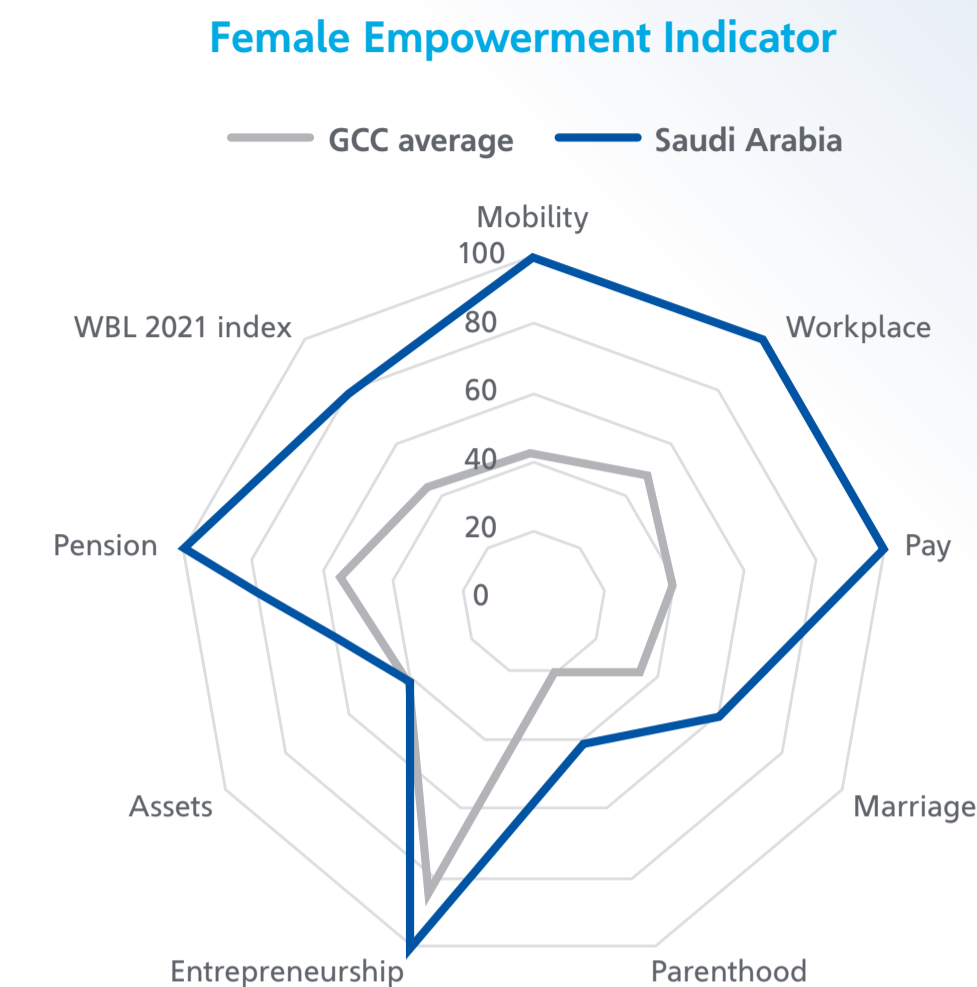
By Reem S. Alhashem and Sylvain P. Cote

Saudi Vision 2030 — a wide-sweeping plan to transform the Kingdom's economy — strives to increase to 30% the participation rate of women in the workforce. Complementary to this goal is the empowerment of females in leadership positions, which in turn will play a vital role in developing capable female leaders in senior management positions so that they become part of the decision making process in both the public and private sectors.

The World Bank has developed a framework to measure women's empowerment globally, consisting of several indicators that attempt to measure empowerment from different aspects while ensuring reliable comparisons between different economies.

The World Bank's findings show that the impact of Vision 2030, which was launched in 2016, have greatly contributed to the progress in female empowerment by facilitating accessibility for women to enter the workforce, which has resulted in an increase in female participation by about 14 percentage points (from 19% to 33%) — already exceeding by 3% Vision 2030's initial goal.

As the chart shows, the Kingdom performed relatively well across several indicators in comparison to other Gulf Cooperation Countries (GCC). Saudi Arabia ranked better than its GCC peers in terms of pay, workplace laws and regulations, mobility, and making it easier for women to start and run a business. When comparing the Kingdom against individual GCC countries, the only indicator where Saudi Arabia fell behind



Indicator	Description
Mobility	Examines constraints on freedom of movements
Workplace	Analyzes laws affecting women's decision to enter the workforce
Pay	Measures laws and regulations affecting women's pay
Parenthood	Examines laws affecting work after having children
Marriage	Assesses legal constraints related to marriage
Entrepreneurship	Analyzes constraints on women's starting and running businesses
Assets	Considers gender differences in property and inheritance
Pension	Assesses laws affecting the size of women's pension

was in the "parenthood" category relative to the UAE, which was ahead by 20%. The parenthood indicator examines laws affecting women's work during and after pregnancy.

Nonetheless, the Kingdom's post-Vision policy changes contributed to removing many of the constraints on women's ability to access the labor market. While the government altered the

perception that the workplace was an unsafe environment, the work policy also prohibited the dismissal of pregnant women and discrimination. Another positive policy change was to permit women to drive, which improved mobility.

The World Bank index provides a holistic outlook for measuring women's ease of accessing the labor market. The

increase in women's labor force participation are the first steps to women's workplace empowerment, which continues to make progress in the Kingdom. Despite the great improvement in empowering females, however, there is still a long way to go in retaining women in the workforce, supporting them in leading senior management positions, and encouraging them to influence and drive change in the Kingdom's future.

Ithra's Creative Solutions 2021: Immersive Digital Content Creation

By Daniel R. Kany

Creative Solutions is the annual innovation program of the King Abdulaziz Center for World Culture (Ithra), in which multidisciplinary art, science, and technology professionals collaborate with experts to develop viable solutions to a themed challenge. The 2021 theme is immersive digital content creation. From the hundreds of proposals, 30 teams and individuals were selected. Participants in the Creative Solutions program are guided by experts, advisors, and mentors from countries such as the U.S., Brazil, Canada, and the U.K. on an idea-to-prototype journey.

The goals of Creative Solutions include developing original content, unique experiences, and marketable solutions to build an ecosystem of innovators that supports the growth of the Saudi creative economy. The 2021 cohort will produce innovative content, experiences and solutions using immersive digital technologies such as virtual, augmented, mixed, and extended realities, immersive audio, and haptics, the tactile feedback, such as vibration, produced by an electronic device.

Pitching projects

The selected applicants participate in

masterclasses, learning with experts, and strategic networking opportunities where they can pitch their projects to interested investors and potential collaborators. The participants have access to Ithra's Idea Lab and its knowledge network and tools, including the first of its kind in the Middle East immersive technology lab, while engaging with the Idea Lab's processes of design thinking, co-creation, and open innovation.

Telling stories

One of the 12 weekend-long masterclasses, for example, was focused on extended realities (XR) storytelling, led by London-based immersive creativity

experts Hamish Jenkinson, from The Department, and Christopher Pearson, of The Experience Machine. The objective of this hybrid masterclass was to expose the cohort to the process of how a story — a problem, challenge or unmet need, the affected audience, and the solution — is developed into reality. The session combined a mix of real-world case studies in XR with explanations by diverse international experts (who have backgrounds in theater, major cultural events, and game design, etc.) about how they approach storytelling.

Presenting solutions

Five finalists



will be selected who will receive SR 75,000 to support the development of proof-of-concept prototypes over a 16-week period. Supported by international innovation experts as mentors, project managers, and delivery partners, the finalists will present their solutions to the public and industry leaders who could help bring the projects to market at a Creative Solutions Demo Day in December at Ithra's flagship creativity festival, Tanween. The completed projects will then be showcased at an International Roadshow in the U.K.

A huge opportunity

"There are four outcome targets," explains Filipe Gomes, head of the Creative Solutions program. "Some projects will become startups. Artists and creators can find new showcases, such as galleries, for their work. Some participants might find a new career path or a better job. And others can become more effective where they already work. The world's budget for this kind of content creation will surpass a half-trillion dollars in the next couple of years. The innovative content creation is not merely about solutions for the energy sector, but all industries, such as health care, so this represents a huge opportunity for the Kingdom's burgeoning creative and information economy."

BLACK PEPPER

the king of spices

Written by Jeff Koehler | Art by Linda Dalal Sawaya

From the March/April 2021 edition of AramcoWorld



This is pepper country, the Moroccan traveler Ibn Battuta declared of Malabar, India's southwest coast along the Arabian Sea. Admiring the tropical forests and hills made bountiful by monsoon rains, there was "not a span of ground or more but is cultivated," he observed. "Every man has his own separate orchard," and these extend down the coast for the distance of "a two-month march" (about 400 kilometers).

Among the many ports in Malabar he visited in the 14th century, the "flourishing and much frequented" Kozhikode, known then as Qaliqu, today in the state of Kerala, stood out. In its harbor, he wrote, "gather merchants from all quarters," such as China, Java, and Sri Lanka to the east and the Maldives, Yemen, and Persia to the west.

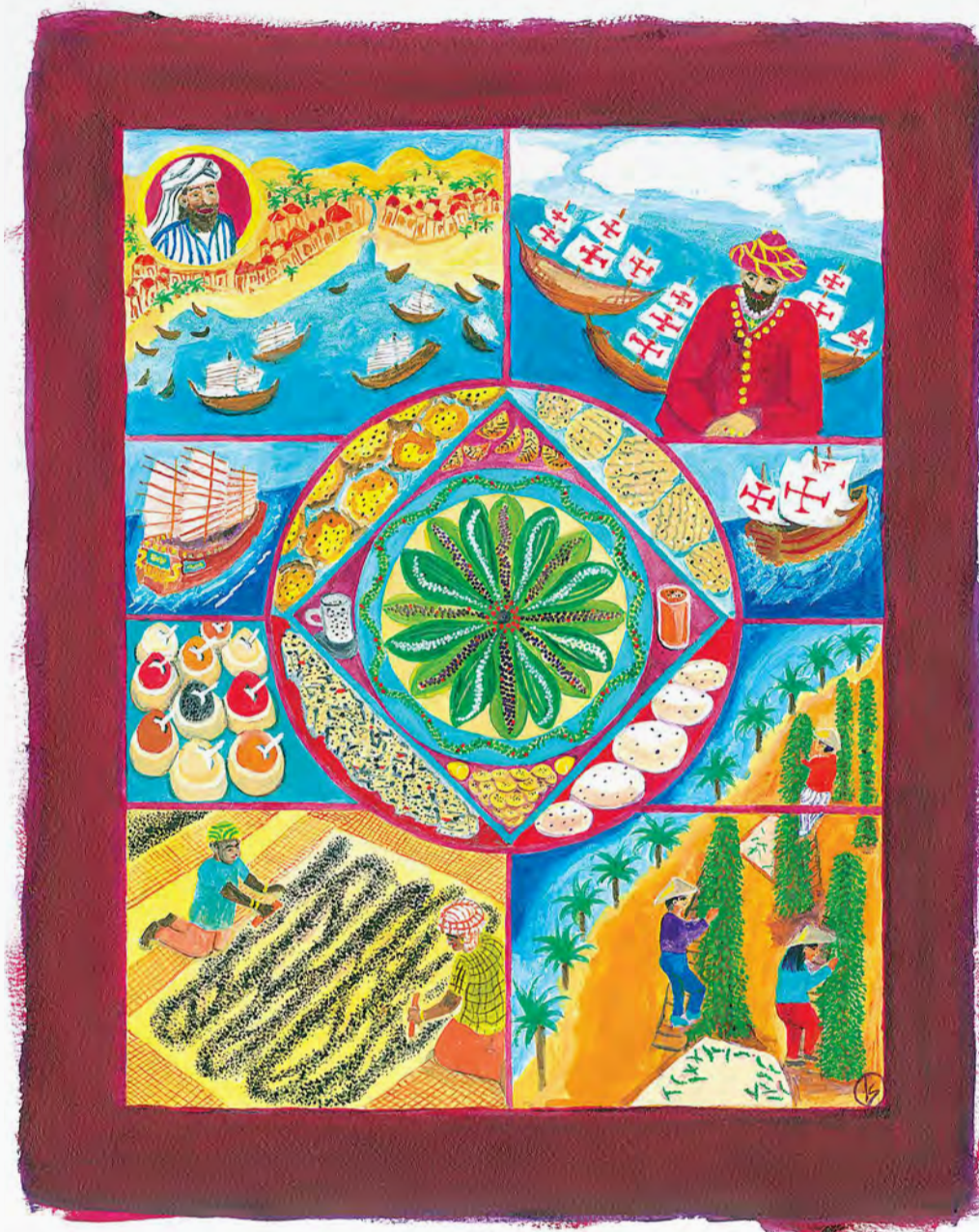
Many of them traded in spices — especially cloves, nutmeg, and cinnamon from further east and cardamom, ginger, and cassia from Malabar itself. But one spice was king, anchor of the city's success: *Piper nigrum* — black pepper.

Black pepper was then the most widely used spice in the world, and it still is, says spice writer and *Times of India* food critic Marryam H. Reshii.

Seasonal spice

Piper nigrum is native to India's Western Ghats mountain range. In the shady, steamy heat of its forests, and on Malabar's coastal plain and neighboring hills, pepper thrives. Ibn Battuta described the pepper trees as looking a lot like grape vines. "They are planted alongside coco-palms and climb up them in the same way that vines climb," bearing dozens of peppercorns on each single, slender spike.

As soon as one or two of the berries turn red, the whole spike is harvested, generally in autumn. Workers sepa-



rate the berries between their hands or even their feet, and they spread them out in low piles on coconut mats or large patios. There they dry in the sun, and workers rake them from time to time, until as Ibn Battuta wrote, "they are thoroughly dried and become black."

The process is essentially similar today, says Australian spice trader Ian Hemphill. "When fresh, green peppercorns are dried in the sun, a naturally occurring enzyme in the skin turns the berries black and creates a highly aromatic oil that gives black pepper its distinctive aroma and flavor," he says. "The taste is warm, and the flavor full-bodied, round." And hot, in a clean, sharp way, thanks to piperine, the active ingredient in the white heart of the peppercorn.

The daily grind

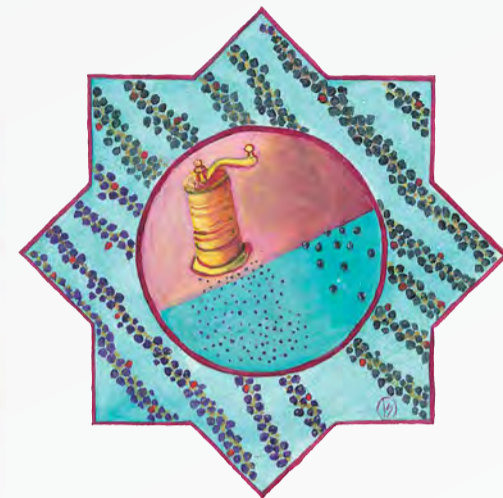
Reshii adds that at any table in Kerala, there is no avoiding pepper: "It is the one state where the sting of black pepper will catch you at the breakfast table in your idli steamed rice cake, in the incendiary chutney served with your fragrant lamb biryani at lunch, and during

the teatime snack of banana chips sprinkled with black pepper."

Pepper is endowed with more talents than simple taste. "The oils in black pepper create an appetite stimulant," says Hemphill, who is also author of the authoritative *Spice & Herb Bible* (Robert Rose, 2014). Pepper's aromas make us salivate in anticipation, and as its pungency warms the tongue, it also chemically activates our gastric juices.

Long before Ibn Battuta, pepper was one of the earliest and most important commodities sold to southern Asia and the lands around the Mediterranean. While the Romans were not first to use pepper in cooking, they were first to do so with regularity, according to Jack Turner, author of *Spice: The History of a Temptation* (Knopf, 2004). Among the 468 Roman recipes compiled in the first century CE collection *Apicius*, 349 call for pepper.

During the Middle Ages, pepper continued to travel west across the



Arabian Sea and north through the Levant, often ending up in Constantinople. Some also went to Jiddah and overland to Makkah, Madinah and beyond, and more continued onward still to Cairo, Alexandria, and the greater Mediterranean.

Spice racks up

But there were yet larger markets than these for pepper, both domestically, within India itself, and around Asia, especially in China. In 1320, just 22 years before Ibn Battuta's visit to Malabar, Marco Polo wrote, "I assure you that for one shipload of pepper that goes to Alexandria or elsewhere, destined for Christendom, there come a hundred such, aye and more too, to this haven of Zayton," which is now called Quanzhou.

Portuguese mariner Vasco da Gama reached India by sailing around Africa at the end of the 15th century. His exploratory visit was followed by a Portuguese fleet of 13 ships outfitted with cannons and crewed by more than 1,000 sailors who arrived in Qaliqu demanding exclusive access to the region's resources — pepper chief among them. When they were rebuffed, says Manu Pillai, a Kerala-born historian and author, "the Portuguese took their business to Cochin [Kochi] instead — helping that port grow as the Arabs had helped Calicut — and began centuries of war," that broke both Indian and Arab control of trade for more than four centuries.

While pepper remains king of the world's spice racks, India is today far from its largest grower. Today, Vietnam, Brazil, and Indonesia produce more than 60% of the world's pepper. Experts generally agree that the south of India still produces the world's most flavorful pepper.



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Local artist Evonne Reynolds presents 'Strange Weather'

By Scott Baldauf

Over the past weekend, the Dhahran Art Group held the first art exhibition since the start of the COVID-19 pandemic, a further sign that the pandemic's grip over social life is finally starting to loosen.

The solo art exhibit, "Strange Weather," featured the work of local artist Evonne Reynolds, with a collection of acrylic and mixed media paintings that offer a dialogue on changes to the human experience in response to the pandemic and the almost fictional political, economic, and social climate. Reynolds, who earned her Bachelor's degree in Fine Art from the National College of Art and Design in Dublin, Ireland, had left her artistic career for nearly 10 years, but picked up her brushes and pallet again when the COVID-19 pandemic hit, and the world went into global lockdown.

Reynolds commented that her art studio became her safe haven during these tumultuous times. While the pandemic cut her off from friends, family, and social interactions, it also gave her the space and time to look inward to rediscover her passion for art and gave her a redefined perspective on and what was truly important to her.

"This all started after the COVID-19 pandemic began," Reynolds said in an interview. "Everyone went through a lot of highs and lows, when we started social distancing and couldn't travel to see our families. You had to look inwards for entertainment and ways to occupy yourself. For me, having a creative outlet was invaluable, it was a place I could go to play and channel my energy, and I am so grateful to have been able to do that."

"During this time, everything seemed



Evonne Reynolds at home in her art studio.

strange, surreal, almost fictional, with the pandemic and with politics," she said, "and the body of work created is an expression of that."

Unlike figurative art, which strives to depict people, objects, and landscapes in realistic form, abstract painting is an attempt to express emotions in more direct ways, through color, movement and gesture. The result of Reynolds' abstract work is often startling and cathartic, but always gorgeous.

Kicking off the exhibit is a series of acrylic on canvas paintings, titled "Orbital." In this series of acrylic paintings, Reynolds uses color, composition, and incredible techniques to suggest movement, space, freedom, all the qualities of life that suddenly felt precious during

lockdown. Midway through the exhibit, we reach "Turbulence," and "Storm" acrylic and mixed media paintings on canvas, in which Reynolds mixes up her techniques to use a palette knife, and other objects to carve out shapes from a field of charcoal and white, aquamarine and lavender, evoking a storminess in uncertain times.

Yet the exhibit is not all darkness. "Tumbleweed" is bright and fun, filled with frenetic energy, in a lighter palette of pastel colors, and pencil work. The painting that has pride of place, the first painting you see on entering the hall, is a whimsically titled "Gone Fishing," an abstract mixed media painting with aqua, green, and pinks that suggest a great outdoors and the freedoms associated with adventure. The piece is almost graphic in appearance, and is reminiscent of animated cartoons, childhood and playfulness, which brings the viewer on a journey to their childhood and perhaps simpler times.

"There were good and bad moments in the past year," Reynolds said. "But with challenges, there might be something new that we can do to harness the difficult times in a positive way. For me, this was art, but for someone else this could be picking up an instrument or becoming a better cook. I think this was a year of self-discovery and exploration for us all. "With things opening up, an art exhibit like 'Strange Weather' is a 'light at the end of the tunnel,' this is hopefully a sign of better things to come. I feel like with COVID-19 we've realized how adjustable we are. We can adjust, we are adaptable, and we are resilient."

You can check out Reynolds' work on her Instagram account: [evonnereynoldsart](https://www.instagram.com/evonnereynoldsart).



Photographic memory

The twin crude distillation units at Ras Tanura were less than a year old when this photo was taken in the summer of 1946. Late in 1943, the U.S. government allocated scarce steel and other supplies for a large project in Ras Tanura to include a refinery, a tank farm, a marine terminal, and an underwater pipeline to Bahrain. The original plan called for two crude distillation units, each with a capacity of 25,000 barrels per day. The first distillation unit began operations in September 1945 and the second in December. The project was completed on schedule. By 1949, the refinery, through a series of modifications, had increased its capacity to 127,000 barrels a day. (Photo by R.Y. Richie)

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Together we can end the pandemic — get your second dose

In line with the MOH directives, JHAH is pleased to announce that we are now offering the **second dose** vaccinations to:

- Saudi Aramco employees and their eligible dependents **50 years or older** who have received their first dose of the COVID-19 vaccine at JHAH.

- Saudi Aramco employees and eligible dependents **who are authorized to perform Hajj** this year.

We are also pleased to announce the availability of appointments for the **first dose** COVID-19 vaccination for **children aged 12 years or older** and who are eligible dependents.

Information about the second dose

How do I book an appointment for the second dose of the vaccine?

In alignment with the MOH, we started booking second dose COVID-19 vaccination appointments on Thursday, June 24. **If you meet the conditions to receive the second dose of the vaccine**, you will automatically receive a text message with a time for your appointment.

The appointment will also appear on MyChart if you have a MyChart account. If you have not received a text message by the end of this week, please contact the scheduling team at 800-305-4444.



The second dose for people performing Hajj in 2021

If you need to take the **second dose of the COVID-19 vaccine to perform Hajj this year**, please call 800-305-4444. You will be directed to the appropriate vaccination center based on the vaccine type you received as your first dose. You must **show the Hajj authorization QR code** to receive the vaccine (the text message will not be sufficient).

Important information about the first dose for 12-18 year olds

How can I book a first dose COVID-19 vaccination appointment for my eligible child?

The COVID-19 vaccine is now available for children who are eligible dependents, and are **aged 12 years or older**.

You can book a first dose COVID-19 vaccination appointment for your child



dren using MyChart if you are registered for care at JHAH. You can also contact our call center at 800-305-4444 and book an appointment.

Where can my eligible children get the COVID-19 vaccination?

- Primary Care Clinic at the Dhahran Health Center
- Al-Hasa Health Center

How can I prepare my child for the COVID-19 vaccination?

Make sure your child is ready to receive the vaccine before arriving for their appointment. Please ensure that a guardian accompanies them to their

appointment. You can give your child paracetamol to lessen the side effects of the vaccine.

I want to know more

You can learn more about COVID-19 vaccination and second dose appointments at [JHAH.com/CV19-Vax](https://www.jhah.com/CV19-Vax).



Hajj Meningococcal Immunization Program underway

Johns Hopkins Aramco Healthcare (JHAH) cares about the health and well-being of our patients and to support Hajj pilgrims, we are pleased to offer the JHAH Meningococcal Immunization Program.

The JHAH Hajj Meningococcal Vaccination Program runs July 1 to 15 from 8 a.m. to 2 p.m., Sunday to Thursday, no appointment necessary, at the following Health Centers:

Location	Room
Dhahran Health Center	Primary Care, Immunization Room 201- 13A
Al-Hasa Health Center	Primary Care, Immunization Room 6066
Abqaiq Health Center	Primary Care, Immunization Room (P2 -01)
Ras Tanura Health Center	Primary Care, Building 2, Treatment Room
'Udhailiyah Health Center	Primary Care, Room 1030

Visit <https://www.jhah.com/en/news-events/events/hajj> for more information.

Medical Designated Facility (MDF) patients

Employees and dependents registered with an MDF should contact their designated health care provider or an MOH center. Details about Hajj health requirements and related issues can be found on the Saudi Arabian Ministry of Health website: <http://www.moh.gov.sa/>.

COVID-19 Vaccination:

Eligible medical recipients of Aramco and dependents, aged 18 years and over, can make same-day and next-day appointments for their first dose vaccinations and protect themselves from COVID-19.

- Visit [JHAH.com](https://www.jhah.com) > [New Coronavirus](#) > [COVID-19 Vaccination](#) for eligibility, hours of service, directions, and FAQs

JHAH registered individuals can use their MyChart accounts to book

- Alternatively, all eligible individuals can book by calling the friendly JHAH Contact Center at 800-305-4444.

Resources available to you:

For information about JHAH events visit:

- www.jhah.com > [News and Events](#) > [Events](#)

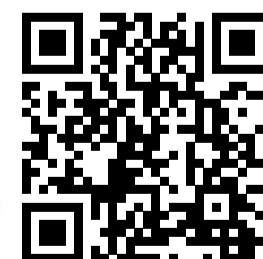
Make sure you print your immunization report if you are performing Hajj. If you have signed up with MyChart you can download your immunization

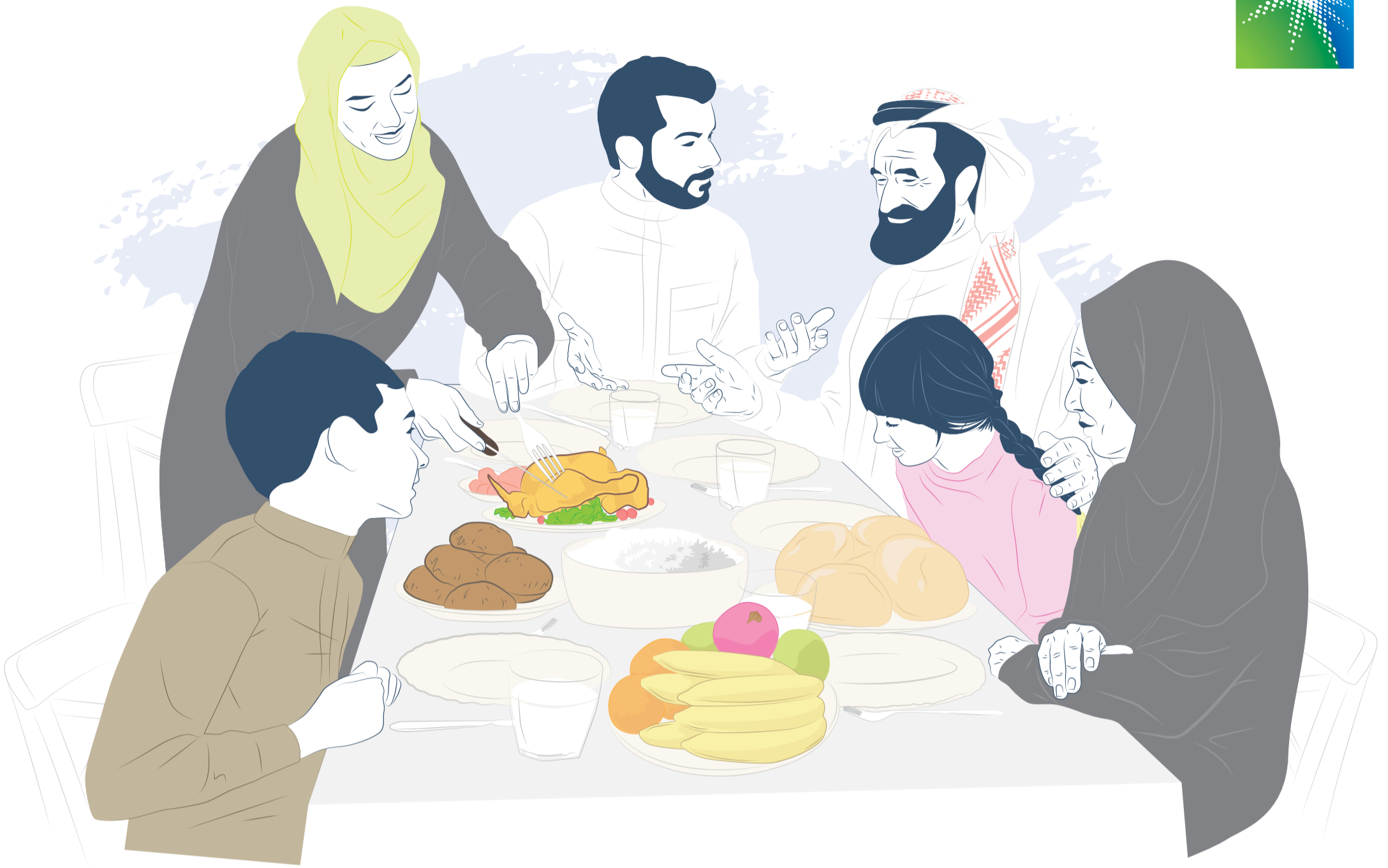
report from home. For information on downloading your immunization report and how you can sign up for MyChart, visit:

- www.jhah.com > [About MyChart](#)

Learn more about meningococcal infections, symptoms, causes, treatment, and prevention in our health encyclopedia at [JHAH.com/health-encyclopedia](https://www.jhah.com/health-encyclopedia).

JHAH wishes you and your family good health.





COVID-19 **is not** on holiday

The vaccine is our best shot against COVID-19.

The World Health Organization recommends that everyone, even the fully vaccinated, continue to wear masks.

Do not be complacent. You can still carry COVID-19.

Look after your family and friends by always wearing your mask. Inside and outside of work.

Complacency cost lives.



Wear a face mask in public. Face mask should be worn when you may be near people.



Wash your hands with soap and water for **40 to 60 seconds**. Or use hand sanitizer for 20 seconds.



Avoid gathering with others, at work or socially.



Maintain a **safe distance** of at least **2 meters** from others.



Don't touch your face. Avoid touching your eyes, nose, and mouth.