If symptoms don’t improve with rest or become worse, the person must descend to a lower altitude. More severe forms of altitude illness are High Altitude Cerebral Edema (HACE) or High Altitude Pulmonary Edema (HAPE). HACE, in which fluid develops around the brain, is characterized by severe headache, poor coordination and loss of consciousness. HAPE, fluid in the lungs, is usually indicated by severe breathlessness. **Both HACE and HAPE are life threatening and require immediate descent to lower altitude.**