

# ALTITUDE SICKNESS



**ACUTE MOUNTAIN SICKNESS**

*If you are not feeling well over 2,500m., it may be Acute Mountain Sickness (AMS) until proven otherwise.*

**EARLY SYMPTOMS**

- Headache
- Loss of Appetite
- Dizziness
- Fatigue on Minimal Exertion

**WHAT TO DO ?**

- Don't go higher, rest, drink fluids (not Alcohol)
- Symptoms go away = go up
- Symptoms get worse = go down

**WORSENING SYMPTOMS**

- Severe Headache
- Vomiting
- Walking like a drunk
- Increasing tiredness of breath at rest

**WHAT TO DO ?**

**Descend ! Descend ! Descend !**

*Don't let anyone with AMS symptoms descend alone.*

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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.**