

Mountain Sickness



1

Help the person stay calm so they can try and catch their breath.



DO NOT leave the person alone, if they proceed to go to a lower altitude make sure you accompany them.



DO NOT ignore signs of mountain sickness as people can die of this.



Keeping the person as calm as possible and assuring them as they rest can calm their breathing and heart rate.



Drink plenty of non-caffeinated fluids to avoid dehydration



Avoid strenuous activities at high altitude



2

If there is auxiliary oxygen available provide it to the person.



3

Proceed to go down to a lower altitude right away; however, if only mild symptoms are present you may be able to stay at that altitude and let your body rest to acclimate.



4

If there are severe symptoms return to a lower altitude of 1,800 ft or less right away to see if the symptoms get better. Continue going down until your symptoms go away completely



5

Even after the person feels better they should seek medical treatment to receive medication like Diamox or more oxygen.