

## Altitude Sickness Information Sheets.

### *What is Altitude Sickness?*

Altitude sickness is a symptom that travelers may experience while rapidly ascending to heights of 2500 meters or greater. Usually altitude sickness appears within 6-48 hours of rapid ascent without acclimatisation.

### *What are the symptoms?*

Travelers should suspect significant altitude sickness in themselves if they notice any of the following:

- Headache
- Shortness of breath
- Loss of appetite
- Episodes of vomiting
- Difficulty walking in a straight line
- Fatigue while walking

Travelers should suspect significant altitude sickness in their fellow travelers if they notice any of the following:

- Skipping meals
- Being anti social
- Stumbling
- Having difficulty with activity

### *What do I need to know?*

Travelers who drive or fly to altitudes of 2500m or greater are at a higher risk of developing altitude sickness than those who walk. This is because the walkers have more time to acclimatise to the height, as their journey takes longer than those who arrive at the altitude in a quick time without any acclimatisation.

### *How do I prevent Altitude Sickness?*

1. Allow time to acclimatise to the altitude. If flying to a high altitude, allow plenty of rest days to acclimatise to the altitude before beginning to climb any higher.
2. Ensure you drink plenty of water and stay well hydrated.
3. Take medication such as Diamox. Matraville TCA notes that Diamox has been recommended for the prevention of altitude sickness, but Diamox may mask the symptoms of altitude sickness and lead to other problems, such as severe altitude sickness and even death.