

# ACUTE MOUNTAIN SICKNESS

Altitude sickness caused by  
acute exposure to low air pressure

**2500M** IT  
STARTS HERE

From there and above, symptoms can occur as early as 2h after arrival to altitude, or be delayed for about 24 hours.

## SYMPTOMS

HEADACHE  
DIZZINESS  
TROUBLE SLEEPING  
LOSS OF APPETITE  
FATIGUE  
IRRITABILITY

⚠️ *At the same altitude, symptoms of AMS appear in less than 3 days, if you get sick after that you need to be evaluated for other conditions.*

- Eat **light meals** on your first day at altitude; avoid heavy and greasy foods
- Stay **hydrated**; avoid caffeine and alcohol
- Drink **coca tea** (completely safe to drink!)
- Don't do too much physical activity that first day so you can **acclimate** better



## WHAT TO DO?

- Take **oxygen** if you are feeling very ill
- **Rest** at the same altitude or lower
- Take some **medications**

**SOROJCHI PILLS**® or have your physician prescribe **DIAMOX**® pills before you leave



**CHILDREN** get the same symptoms of altitude illness as adults and can receive similar treatment. But children that seem sicker should be taken to a physician for medical care.

*AMS usually resolves itself, within 6 to 48 hours!* 😊