

FACTS ABOUT ALTITUDE ILLNESS

- **ACUTE MOUNTAIN SICKNESS (AMS)** is common and it is OK to get mild symptoms. **The goal is to recognize dangerous conditions** that might lead to evacuation, trip cancellation or even death.
- **ALTITUDE ILLNESS** occurs at elevations above 2000m (6500ft).
- In Nepal, close to **50%** of trekkers develop altitude illness when traveling above 4000m.
- At higher elevations, the risk of developing altitude illness increases.
- Each individual requires different amount of time to acclimatize.
- **RECOMMENDED ASCENT PROFILE:** After reaching 3000m, do not ascend by more than 500m (1650ft) per day as your sleeping altitude. Stay at the same altitude for one extra night for every 1000m (3280ft) gained.
- Rapid ascent in poorly acclimatized individuals greatly increases the risk of altitude illness.
- In severe altitude illness, **assisted descent** is the life-saving measure.
DO NOT SEND THE SICK PERSON DOWN ALONE!

USEFUL NEPALI PHRASES

- **Help! I have a problem.**
Sahayog garnus!
Malaai samasya cha.
- **I have vomiting (fatigue, cough).**
Malaai waak-waak (thakai, khoki) lagyo.
- **What is wrong?**
Ke bayo?
- **I need a doctor.**
Malaai doctor chaiyo.
- **I am not well.**
Malaai sanchochaina.
- **It's an emergency.**
Aapat paryo.
- **I've been injured.**
Malaai chot lagyo.
- **Slowly, slowly (as in "go slowly").**
Bistaarai, Bistaarai.
- **My chest (head, back) hurts.**
Mero chaati (tauko, dhaad) dukccha.
- **Let's go!**
Jam jam!



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