



MUSASA
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ALTITUDE TIPS

A QUICK GUIDE BROUGHT TO YOU BY FRIENDS AT MUSAMASALA.COM. JAM JAM!

CONDITIONS + SYMPTOMS

HIGH ALTITUDE HEADACHE (above 2000m)

Headache is common at altitude

ACUTE MOUNTAIN SICKNESS (AMS) (above 2000m)

You have AMS if you are feeling "HUNG OVER" – a **HEADACHE + ONE** of the following symptoms:

- Dizziness
- Poor appetite/Nausea
- Poor sleep
- Fatigue/Laziness

HOW TO TREAT

TREAT WITH:

- Simple painkillers
- Hydration

TREAT WITH:

- Simple painkillers
- **STOP** further ascent
- **DIAMOX** (acetazolamide) 250mg twice a day
- Descend if your symptoms are severe
- You may continue to ascend once your symptoms **FULLY** go away

DANGEROUS CONDITIONS AT HIGH ALTITUDE Descend in company and seek medical care immediately!

HIGH ALTITUDE PULMONARY EDEMA (HAPE)

WATER IN THE LUNGS Symptoms:

- **BREATHING DIFFICULTY** (especially at rest)
- Unusual **FATIGUE**
- Reduced fitness, cough

HIGH ALTITUDE CEREBRAL EDEMA (HACE)

BRAIN SWELLING Symptoms:

- Acting "DRUNK"
- Confusion, clumsy walk
- Disoriented, sleepy

TREAT WITH:

- Immediate **DESCENT** with friend or guide
- Oxygen
- Seek medical care

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