

# Altitude Sickness Rules Quick Reference

## Three Simple Rules to Prevent Death or Severe Illness from High Altitude

1. Know the early symptoms of altitude illness, and be willing to acknowledge when they are present.
2. Never ascend to sleep at a higher altitude when experiencing symptoms of altitude illness, no matter how minor they seem.
3. Descend if the symptoms become worse while resting at the same altitude.

(From the US CDC)

## Three Golden Rules of Altitude Sickness

1. If you feel unwell at altitude it is altitude illness until proven otherwise.
2. Never ascend with symptoms of AMS.
3. If you are getting worse (or have HACE or HAPE), go down at once.

(Formulated by Dr. David Shlim at the CIWEC Clinic in Kathmandu)

We encourage you to print this page and cut out the two sets of rules to bring with you to Tibet.

### Disclaimer

The information provided here is for educational purposes only, to give you general information and understanding of altitude sickness, not to provide specific medical advice. By reading this you understand that there is no professional relationship between you and the authors. It is critical that you consult with your physician before you decide that it is safe for you to travel to Tibet, and before you take any of the medicines or steps mentioned here.

