

High Altitude Sickness Symptoms Cheatsheet

Important to Note: This information has been compiled by YoWangdu Tibetan Culture (www.yowangdu.com) from sources we trust, such as the US CDC, the Wilderness Medical Society and the International Society for Mountain Medicine. However, we are not doctors or altitude experts ourselves, and we provide this information for educational purposes only, to give you general information and understanding of altitude sickness, not to provide specific medical advice.*

Early Symptoms of AMS/Acute Mountain Sickness

Headache, along with:

- dizziness or light headedness
- fatigue/weakness/tiredness
- shortness of breath
- loss of appetite
- nausea/vomiting
- difficulty sleeping
- general feeling of malaise

Warning Signs of HACE/High Altitude Cerebral Edema

- Confusion or disorientation
- Splitting headache that is not relieved by medication
- Nausea and vomiting (or increased nausea and vomiting)
- Increasing weakness and fatigue and decreased activity (The person or people is excessively tired/lethargic and is dragging far behind everyone else.)
- Drowsiness
- Shortness of breath
- Loss of coordination, perhaps an unsteady walk, developing into a staggering walk as if the person is drunk. As a test, have the person by having them walk a straight line. Draw a straight line on the ground and ask the sick person to walk the line, with one foot just in front of the other, heel to toe. If s/he cannot do this with relative ease, you can presume the person has HACE.

Warning Signs of HAPE/High Altitude Pulmonary Edema

- Increasing breathlessness on exertion leading to shortness of breath even at rest
- Cough, which possibly produces pink or frothy sputum
- Extreme fatigue
- Sounds of gurgling, rattling, wheezing, or crackling when breathing
- Fast, shallow breathing
- Feelings of fullness, tightness, or congestion in the chest
- Gray, blue or purple lips or fingernails.
- Drowsiness

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