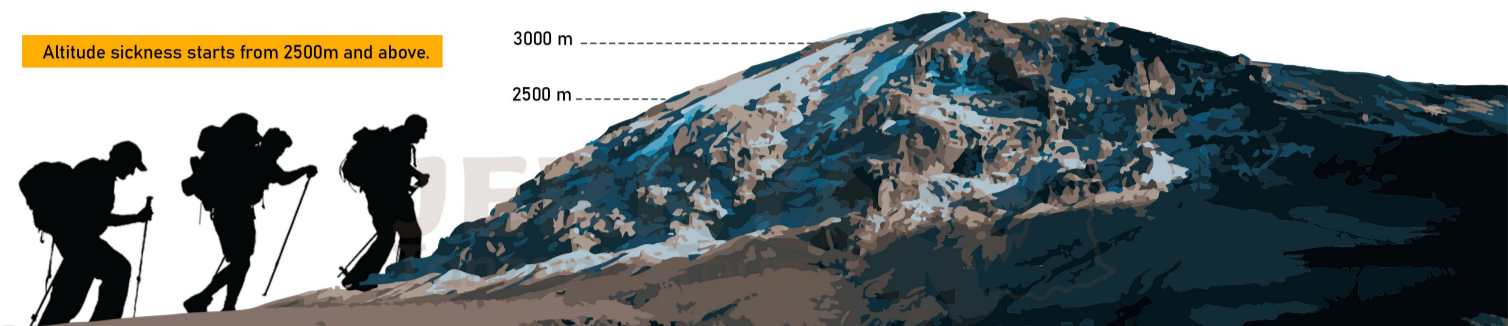


Kilimanjaro ALTITUDE SICKNESS

In high altitude, there is decrease in atmospheric pressure, and there is less oxygen which makes it difficult for people to breathe. Altitude sickness is a common condition when a person ascends quickly to high altitude and his/her body isn't able to copy with the change in environment.

Altitude sickness starts from 2500m and above.

3000 m
2500 m



PREVENTION FOR ALTITUDE SICKNESS

THREE GOLDEN RULE OF KILIMANJARO Altitude Sickness



- RULE 1**
If you feel unwell, you have altitude sickness until proven otherwise
- RULE 2**
Do not ascend further if you have symptoms of altitude sickness
- RULE 3**
If you are getting worse then descend immediately



TYPES OF KILIMANJARO Altitude Sickness



ACUTE MOUNTAIN SICKNESS

AMS

AMS is the most common form of altitude sickness. It may feel like a hangover and affects the brain.

- SYMPTOMS**
- Headache
 - Nausea
 - Fatigue
 - Dizziness
 - Lack of sleep
 - Vomiting

Mid AMS
Rest & DO NOT go any higher!

Severe AMS: DESCEND!
Take Acetazolamide (Diamox) As Prescribed by a doctor
Dexamethasone as Prescribed by a doctor
Use oxygen or Pressure Bags if available



HIGH ALTITUDE CEREBRAL EDEMA

HACE

HACE is a condition when severe AMS turns for the worst.

- SYMPTOMS**
- Severe Headaches
 - Acting out of character
 - Confusion
 - Clumsiness
 - Drowsiness & unconsciousness moment before death

DESCEND! DESCEND! DESCEND!
Carry or at last help the victim get to lower altitude
Take Acetazolamide (Diamox) and Dexamethasone as prescribed by a doctor
Use Oxygen or Pressure Bags
Further medical follow up



HIGH ALTITUDE PULMONARY EDEMA

HAPE

HAPE is another form of altitude sickness that affects a trekkers lungs

- SYMPTOMS**
- Coughing
 - Tiredness
 - Fever
 - Cannot lie flat
 - Breathlessness ever while resing
 - Excessive breathlessness compared to physical activity

THINGS THAT ARE NORMAL IN HIGH ALTITUDE

- A little faster and heavier breathing
- A bit faster heartbeat
- A little puffy hands and feet
- Frequent need to pee
- Lack/ poor quality to sleep
- Regular dreams in sleep

