

Altitude Illnesses

	AMS	HAPE	HACE
Elevation	>6,000'	Usually >10,000'	>12,000'
Time after ascent	1-2 days	3-4 days or more	4-7 days or later
Symptoms	<p>Hypoxia leading to:</p> <ul style="list-style-type: none"> • Headache • Fatigue • SOB • Dizziness • Vomiting • The Umbls 	<p>Pulmonary fluid retention leading to:</p> <ul style="list-style-type: none"> • SOB • Dry cough • Weakness • Insomnia • Mild chest pain • Cyanosis • Gurgling chest sounds 	<p>Brain swelling leading to:</p> <ul style="list-style-type: none"> • Severe headache • Vomiting • Irregular breathing • Stumble, fumble • Loss of balance • Unconsciousness
Treatment	<ul style="list-style-type: none"> • <u>Descent</u> • Fluids • Headache relief 	<ul style="list-style-type: none"> • Immediate descent • Immediate advanced medical care (9-1-1) 	<ul style="list-style-type: none"> • Immediate descent • Immediate advanced medical care (9-1-1)



Hypothermia

Stage	Temperature	Signs and Symptoms	Treatment
Mild	90° to 95°F	<ul style="list-style-type: none"> Alert Mild confusion Vigorous shivering 	<ul style="list-style-type: none"> Replace wet clothing Additional dry clothing Shelter from convection heat loss Rewarm victim Light sweetened, warm fluids
Moderate	86° to 90°F	<ul style="list-style-type: none"> Reduced consciousness Shivering stops Cyanosis Fumbles: ≠ fine motor skills and coordination Irrational behavior 	<ul style="list-style-type: none"> Field rewarming impossible Replace wet clothing Additional dry clothing Protect and insulate from further heat loss Apply warmth to trunk, groin, armpits: hot water bottles, heating pads, heated rocks wrapped in clothing
Severe	<86°F	<ul style="list-style-type: none"> Rigid muscles Appears dead Cardiac irregularities* 	<ul style="list-style-type: none"> Field rewarming impossible Protect and insulate from further heat loss Evacuate to advanced medical care *Handle gently

