



## **ROCKY MOUNTAIN COORDINATING GROUP**

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**Bureau of Indian Affairs** (Southwest, Rocky Mountain and Great Plains Regions)  
**Bureau of Land Management** (Colorado and Wyoming)  
**Fish and Wildlife Service** (Mountain/Prairie Region)  
**Forest Service** (Rocky Mountain Region)  
**National Park Service** (Intermountain and Midwest Regions)  
**State Agencies in Colorado, Wyoming, South Dakota, Nebraska and Kansas**

**Acute Mountain Sickness:** Acute mountain sickness is an illness that can affect mountain climbers, hikers, skiers, or travelers at high altitude (typically above 8,000 feet or 2,400 meters). Acute mountain sickness is due to a combination of reduced air pressure and lower oxygen levels at high altitudes.

**Symptoms:** Symptoms range from mild to life-threatening, and can affect the nervous system, lungs, muscles, and heart. In most cases, the symptoms are mild.

- Difficulty sleeping
- Fatigue
- Headache
- Loss of appetite
- Nausea or vomiting

Call 911 or your local emergency number if you or another firefighter have any of the following symptoms:

- Severe breathing problems
- Altered level of alertness
- Coughing up blood

### **Treatment:**

- Most cases improve after the body becomes acclimated to the elevation.
- Early diagnosis is important. Acute mountain sickness is easier to treat in the early stages.
- The main treatment for all forms of mountain sickness is to descend to a lower elevation.
- People with severe mountain sickness may need to be admitted to a hospital.

### **How to Avoid it:**

- Drink plenty of fluids
- Avoid alcohol
- Eat regular meals, high in carbohydrates