



ALTITUDE ILLNESS TREATMENT

- If your symptoms are mild and consistent with Acute Mountain Sickness (AMS) you may be able to stay at the same altitude by treating the symptoms:
 - Take NSAIDs - ibuprofen or aleve or similar for headaches
 - Take acetaminophen for headaches
 - Hydrate
 - Avoid alcohol
 - Visit the clinic to see if you are eligible for other symptomatic management
 - Do not ascend higher until your symptoms of altitude illness resolve
 - Descending 1,000 - 2,000 feet will resolve the symptoms if altitude is the sole cause

If you are having difficulty breathing, cannot walk with a steady gait, are confused, you should seek immediate medical attention.



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