



# ALTITUDE ILLNESS SYMPTOMS

- **Acute Mountain Sickness (AMS)**
  - Headache plus one of:
    - GI upset
    - Fatigue or generalized weakness
    - Lightheadedness
    - Difficulty sleeping
- **High Altitude Pulmonary Edema (HAPE)**
  - Difficulty breathing at rest
  - Dry cough without feeling sick
- **High Altitude Cerebral Edema (HACE)**
  - Dizziness
  - Difficulty walking/imbalance
- **Most visitors to Yellowstone who get altitude illness experience Acute Mountain Sickness or “AMS”**
- **AMS can mimic other illnesses**
- **Symptoms can begin 1-2 days after arriving at a new higher altitude**
- **Symptoms resolve with descending 1,000 - 2,000 feet**
  - YNP gateway cities are generally that much lower

