

*The contents of this (U) present*

## Impact to Private

Altitude sickness can impact travelers of any type (business, tourism, education, volunteer, etc), although staff of aviation industries and mountain adventurers and their support staff are generally in more high elevation environments. Whatever the reason for being in a high-altitude destination, consider allowing for a day or two for travelers to acclimate, especially before any strenuous activities. Consuming 2-3 liters of water per day will help the body adjust to higher elevations. Descent options should be planned for in case someone suffers more severe symptoms and needs to relocate to a lower elevation. All travelers should be advised of symptoms, as someone suffering from them may not recognize altitude sickness themselves or may dismiss their own symptoms.

~~Understand symptoms associated with~~

## Guidance

The CDC offers [guidance](#) for traveling in high-altitude locations. The easiest way to avoid altitude sickness is to ascend, by foot, car, or aviation, gradually and be prepared with altitude-sickness medication, especially if a gradual ascent is not possible. Prescription medications may be recommended for rapid travel (e.g. via helicopter), especially to very high altitudes. However, anyone suffering the effects of altitude sickness should not continue the ascent until he/she has acclimated; should symptoms worsen, descend immediately. [American Family Physician](#) also recommends that after reaching 8,000 feet, travelers do not ascend more than 1,000 feet per day thereafter. Further, people with pre-existing or acute medical conditions, including heart or lung disease, diabetes, and pregnancy, should consult a physician before traveling to high-altitude destinations. [Mayo Clinic](#) also advises a consultation with a medical provider for anyone suffering from sinus infections, bronchitis, sleep disorders, and musculoskeletal conditions. Mayo advises travelers to stay hydrated and to avoid excessive tobacco, caffeine, salt, and alcohol.

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