

# ALTITUDE ADVISORY

*For your pilgrimage to Mexico City*



## **Mexico City - 2250M/7382 FT**

Travelers arriving by plane from sea level elevations to high elevations like Mexico City may experience some side effects from the increased elevation called AMS (acute mountain sickness). Although this is something that generally occurs in places over 3,048m/10,000ft above sea level, some people are more sensitive than others, so this pamphlet has all the information you may need for your safety and information.

Acute mountain sickness (AMS) is the most common type of altitude sickness. It can occur at elevations as low as 5,000 feet (where it is likely to last only a day), but is more common above 8,000 feet.

Symptoms usually begin 12 to 24 hours after arrival, are worse at night when respiration slows down, and typically decrease in severity by the third day.

## COMMON SYMPTOMS OF ALTITUDE SICKNESS:

- Increased rate of breathing
- Lethargy
- Loss of appetite
- Vomiting
- Shortness of breath and rapid heartbeat accompanying physical exertion
- Headache
- Fatigue and insomnia
- Dizziness and nausea
- Impaired thinking

## WHAT CAUSES ALTITUDE SICKNESS?

Altitude sickness results from a lack of oxygen caused by going too high, too fast. Barometric pressure decreases as you go higher – ie, the air gets thinner and you inhale less oxygen per usual breath. The likelihood of symptoms increases the higher you go.

## WHAT IF YOU DO NOTHING?

Most people who develop acute mountain sickness will feel well within two to three days by taking it easy and avoiding overly strenuous activity. If your symptoms persist or you feel particularly unwell, it is recommended you see a doctor who can advise you further.

If you feel particularly unwell and wish to see a doctor while in Mexico City, please advise your guide who will make the necessary arrangements for you and inform us.

## REMEDIES FOR ALTITUDE SICKNESS

You can alleviate symptoms of AMS quickly by taking the following measures:

Acclimatize and take it easy

Do not smoke and avoid drinking alcohol

Drink extra water

Eat foods that are high in carbohydrates

Get headache relief

Don't go up until symptoms go down

