

Table I. Symptoms and signs of high-altitude illness.

	Symptoms	Signs
Acute mountain sickness		
mild	Headache, loss of appetite, nausea, difficulty sleeping	None specific
moderate	Headache (responding well to pain medications), loss of appetite, nausea, sleep disturbances, dizziness	None specific
severe	Headache (not responding well to pain medications). Severe nausea, vomiting and severe fatigue	None specific
High altitude cerebral edema	Headache (not responding well to pain medications), vomiting	Ataxia, changes in mental status, confusion, delayed responses, semi-coma, coma
High altitude pulmonary edema	Decreased exercise performance, dry cough, dyspnea at rest, hemoptysis, shortness of breath	Tachycardia at rest (pulse > 100/min). Tachypnea >25/min. Crackles on lung auscultation and cyanosis.