

# EIGHT THINGS

## YOU SHOULD KNOW ABOUT PLAYING & LIVING AT THIS ALTITUDE

1. The most common symptoms of altitude sickness are throbbing headaches, lack of appetite, nausea, dizziness, fatigue and sleeping poorly.
2. Kids and adults experience altitude sickness at about the same rate. If you're over 50, however, you'll have slightly lower risk of getting sick.
3. Alcohol, intense physical activity soon after arrival, and eating a large meal will make you feel worse.
4. Containers of yogurt will splooge upon opening because of the difference in pressure. Soda is extra squirty too.
5. Physical exertion will be more difficult up here. (Use that fact when you want to bow out of walking uphill.)
6. The air is thinner up here, which makes you more likely to get sunburned, even if clouds are in the sky.
7. Drinking copious amounts of water will help you battle dehydration at altitude and help prevent those headaches, nausea and insomnia.
8. The best ways to treat yourself when altitude sickness has set in include: drinking water, resting and avoiding alcohol.

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