

# PRECAUTIONARY DO'S & DON'T MEASURES RECOMMENDED TO BE FOLLOWED AT LEH ON ARRIVAL AND DURING STAY

## Do's:

**Acclimatize :** On Arrival by flight take full rest for 24 Hrs without much physical activity as it will increase the risk of altitude sickness. Complete rest for 24Hrs will allow your body to adjust High Altitude conditions.

**Stay hydrated:** Drink plenty of fluids, preferably water, to combat the higher rate of water vapor lost through respiration at high altitudes.

**Consume a balanced diet:** Maintain a nutritious diet with adequate carbohydrates and calories to support your body's energy needs in the oxygen-limited environment.

**Rest and sleep:** Allow your body enough time to rest and recover, especially during the first few days at higher altitudes.

**Dress in layers:** Wear layered clothing to adapt to temperature fluctuations at different elevations. This allows you to adjust your attire accordingly.

**Protect yourself from the sun:** Apply sunscreen with a high SPF, wear sunglasses, and use a hat or other protective headgear to shield yourself from the intensified UV radiation at high altitudes.

**Practice safe physical activity:** Engage in moderate exercise to maintain your fitness level, but be cautious not to overexert yourself. Take breaks and listen to your body's signals.

## Don'ts:

**Don't drink alcohol or smoke:** Alcohol and smoking can impair your body's ability to acclimatize and exacerbate the symptoms of altitude sickness.

**Don't skip meals:** Ensure you eat regular meals to maintain your energy levels and provide your body with the necessary nutrients.

**Don't overexert yourself:** Avoid strenuous physical activity, especially during the first few days at high altitude. Overexertion can strain your body and increase the risk of altitude sickness.

**Don't ignore symptoms:** Be aware of the signs of altitude sickness, such as headache, dizziness, nausea, and shortness of breath. If you experience any of these symptoms, descend to a lower altitude and seek medical attention if they worsen.

**Don't ascend with existing health conditions:** Individuals with certain health conditions, such as heart or lung problems, should consult a healthcare professional before ascending to high altitudes.

**Don't travel alone:** It's advisable to have a travel companion or be part of a group when journeying to high altitudes. This ensures there is someone to help or seek assistance if needed.

**Don't underestimate the environment:** High altitude locations can present unique challenges, including extreme weather conditions and limited medical facilities. Respect the environment and be prepared with appropriate gear, supplies, and information.

**ATTENTION :- PLEASE NOTE THAT ONLY POST PAID SIM OF JIO , AIRTEL AND BSNL WILL WORK IN LEH AND AROUND LEH .**