

# How To Care For A Baby With

## ALTITUDE SICKNESS

Keep them hydrated with breast milk if they are below six months and water if they're older than six months.



Feed your baby foods rich in carbohydrates at frequent intervals.



Dress them in warm clothing to make them comfortable in the cold.



Feed them a hydrating electrolyte solution such as ORS (after the doctor's advice) to relieve nausea.

Let them have plenty of rest before the trip so they are calm and refreshed for the journey.

