



*Sikkim....
Where Nature Smiles....*

Department of Tourism & Civil Aviation

Attention for Tourists

Medical advisory for Tourists Venturing beyond High altitude

The following Medical Advisory to all the tourists venturing beyond high altitude are hereby prescribed for acute high altitude sickness as the precautionary measures to be taken by all the tourists while visiting high altitude places.

1. Graded ascent to the height with proper acclimatization in your staying venue for at least a day or two.
2. ECG & X-Ray Chest mandatory for the tourist with Respiratory and Cardiac problems.
3. Blood Pressure to be measured before they venture to high altitude.
4. If any sign of high altitude sickness to the tourist like... (a) Breathlessness, (b) Vomiting, (c) Headache (d) Drowsiness.

They may report to the nearest Health centers for medical check-up. If preliminary measures fail then the affected person may be shifted to District Hospital.

EMERGENCY CONTACT:

East District Hospital (Gangtok): 03592-202059/202944, Ambulance: 03595-102/222944

STNM Hospital: 03592-202944/202059, CRH Manipal: 03592-231137/232041/231938

Police Station Help No: 100, Fire Station: 101, Ambulance: 102

Sikkim Police East: 03595-28441/202681/284382

Rongli: 03595-255718, Rangpo: 03959-240807, Sadar PS: 03952-202022

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