



Have you had HAPE?

HAPE (high altitude pulmonary edema) is a life-threatening build-up of fluid in the lungs. It happens at high altitudes, and causes breathlessness at rest, blueness of the lips, or coughing up frothy spit.

**If you think you have HAPE, YOU
MUST DESCEND IMMEDIATELY.**

If you have had HAPE, you may be able to help doctors work out what causes this devastating illness: please register for the **INTERNATIONAL HAPE DATABASE** at www.altitude.org