



中国旅行社总社有限公司

China Travel Service Head Office Co., Ltd.

国际会议奖励旅游中心

进入西藏的注意事项

1、不适宜到西藏旅行的人

(1) 心、肺、脑、肝、肾有明显的病变

(2) 严重贫血或高血压的病人

如果你不清楚自己是否能参与西藏的旅行活动,建议你向有经验的医生请教,并且尽量本着稳健的原则

2、进入高原之前的准备

进入高原之前,禁止烟酒,防止上呼吸道感染。避免过于劳累。适当服西洋参等,以增强机体的抗缺氧能力。如有呼吸道感染,应治愈后再进入高原。

3、进入高原途中注意事项

(1) . 应尽可能预备氧气和防治急性高原病的药物,如硝苯吡啶(又名心痛定)、氨茶碱等,也需备有防治感冒的药物、抗菌素和维生素类药物等,以防万一。

(2) . 由于高原气候寒冷,昼夜温差大,要注意准备足够的御寒衣服,以防受凉感冒。寒冷和呼吸道感染都有可能促发急性高原病。

(3) . 在进入高原的途中若出现比较严重的高山反应症状,应立即处理,或尽快转往海拔较低的地区,以便治疗恢复

4、到达高原后注意的事项

(1) . 刚到高原,每个人都会感到不同程度的气短、胸闷、呼吸困难等缺氧症状。但这并不说明你不适应高原,如果能够正确地保护自己,2~4天后,一般都可使上述症状好转或消失。

(2) . 刚刚到高原的时候一定不要剧烈运动。

(3) . 轻微的高原反应,会不治自愈,不要动辄吸氧,以免形成依赖性。

(4) . 进藏后要多吃碳水化合物、易消化的食品;多喝水,使体内保持充分的水分;晚餐不宜过饱。最好不要饮酒和吸烟。要多食水果、蔬菜等富含维生素的食物。

(5) . 注意避免过度疲劳,饮食起居有规律。初到高原的前几天,不要频频洗浴,以免受凉引起感冒。

(6) . 在藏期间,旅游活动不宜过于频繁,身体负荷不宜过重。初到高原的时候,不可急速行走,更不能跑步,也不能做体力劳动

(7) . 必须注意,如果进入高原后,反应的症状愈来愈重,特别是静息时也十分明显,应该立即吸氧,并到医院就诊。极少出现的高原肺水肿和高原脑水肿的病人须大量吸氧,并在药物治疗的同时,迅速转送海拔低的地区。

其他健康事项

(1) 需要准备:戴帽子、防晒霜、唇膏。

另外,保持心境平和是有利于保持你的皮肤的;即便条件有时候比较困难,但是还是要多吃水果和蔬菜。



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- (2) . 即使在夏季也必须准备外套或毛衣，在阴暗的寺院殿堂里待时间长了也是很寒冷的。
- (3) . 高原强烈的阳光和紫外线会伤害你的眼睛，应准备太阳帽和墨镜
- (4) . 西藏各条旅游线上，尖土大，卫生条件不好，所以不宜使用隐形眼镜。

Travel Tips in Tibet

- 1、Tibet traveling is not suitable for the travelers who are suffering from pathology of Heart, Lung, Brain, Liver and Kidney and the serious high blood pressure and anemia. A doctor consultation is highly recommended if you are not sure of your health condition.
- 2、Before entering Tibet, please stop taking alcohol and cigarette to avoid the infection of the upper respiratory tract. Suggest taking Gingsen, which is helpful to strengthen the immunity system. Please do not enter Tibet until the infection of the upper respiratory tract was cured.
- 3、Please prepare Oxygen and medicine which is good for the high altitude sickness, such as Piconol, aminophylline, etc. The medicines for cold, anti-virus and Vitamins are needed as well.
- 4、Please prepare sweaters or wind-proof jacket to avoid getting cold.
- 5、A emergency medicine care is needed in case of the serious high altitude sickness. Or the patients need to be moved to the low altitude area as soon as possible.
- 6、Losing heart, chocking sensation on chest and difficulties with breath are the common symptoms of the high altitude sickness. Usually, they will be getting better or disappear after 2-4 days.
- 7、Heavy activity will be dangerous when just arrive in Tibet
- 8、Please do not rely on oxygen when suffering from slight high altitude sickness. It can be cured very soon.
- 9、Please take food of carbohydrate and easy-digested. Water, fruit and vegetable are also good for your health. Don't take too much food at supper.
- 10、Please do not be too exhausted and do not shower frequently to avoid getting cold.
- 11、Please do not walk fast, jog or doing heavy activity when just entering Tibet.
- 12、Please prepare hat, sun-block, lip-stick, sunglasses
- 13、Please do not use contact lens when you are in Tibet