

Warning signs and Symptoms for Asthma

Asthma attacks or episodes hardly ever happen without warning. The warning signs for an attack are not the same for everyone. They may be mild, and may not seem to be related to asthma. Warning signs may start 24 to 48 hours before an asthma attack begins, and should be treated as early asthma symptoms.

You and your doctor or asthma educator should include your warning signs on your Asthma Action Plan.

By knowing your warning signs and treating them quickly, you may be able to avoid an asthma attack.

Think back to your last asthma attack. Did you have any of the signs below? Check off the warning signs that have happened to you, and show them to your doctor and family.

EARLY WARNING SIGNS

- First sign of an upper respiratory infection (a “cold”) or flu
- Itchy chin
- A cough that doesn’t go away, especially at night
- Itchy, scratchy, or sore throat
- Waking up at night
- Dark circles under eyes
- Runny, stuffy or congested nose
- Increased tiredness
- Peak flow readings in the “Yellow Zone”
- Mood change - grouchy or extra quiet
- Thirst
- Itchy, glassy or watery eyes
- Rubbing nose a lot
- Sneezing
- Stomach ache
- Headache
- Fever
- Feeling restless
- Change in face color—pale or flushed
- Throat clearing
- Eczema flare-up
- Other: _____

SIGNS that an asthma attack is starting...ACT FAST!

- Cough
- Wheeze
- It feels hard to breathe out
- Chest feels “tight” or hurts
- Breathing faster than normal
- Get out of breath easily (feeling “short of breath” or “winded”)
- Drop in peak flow readings
- Other: _____

**If you experience
any of the
warning signs above,
follow your Asthma
Action Plan
and contact your
doctor if necessary.**

DANGER SIGNS! This is an asthma attack and a medical emergency!

- Bluish, gray or dusky color to lips and nail beds
- Trouble walking due to shortness of breath
- Trouble talking—can’t speak in whole sentences
- Skin between ribs or above breastbone sucks in when breathing
- Fast heartbeat or pulse
- Peak flow reading in the “Red Zone”
- Nostrils flare when breathing
- Quick-relief medications do not work
- Other: _____

**GET HELP NOW!
Or call 911!**