

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? Circle the warning signs that have happened to you, and show them to your doctor and family.

EARLY WARNING SIGNS

- 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 water eyes
- Rubbing nose a lot
- Sneezing
- Stomach ache
- Headache
- Fever
- Feeling restless
- Change in face color—pale or flushed
- Throat clearing
- Eczema flare-up

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 easy
- Drop in peak flow readings

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

DANGER SIGNS! Asthma is out of control.....

- Bluish, gray or dusky color to lips and nail beds
- Trouble walking
- 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