Warning Signs of Asthma

▲ You CAN manage asthma.
▲ Know the warning signs.
▲ Learn to recognize the warning signs.

Most people with asthma have warning signs (physical changes). These occur hours before symptoms begin. It is possible asthma episodes can occur without warning.

Treat your child’s asthma symptoms early so you can help prevent an asthma attack or keep it from becoming worse.

Warning Signs of Asthma

- Increasing cough
- A whistling sound or wheezing when your child breathes
- Shortness of breath
- Waking at night with coughing, wheezing, shortness of breath or tight chest
- Chest tightness or pain
- Need for reliever medicines
- A drop in peak flow rates
- Symptoms with running or playing
- Being cranky or fussy
- Tiredness
- Itchy, scratchy throat
- Trouble sleeping
- Headache
- Stomach ache
- Blue lips or fingernails
- Sinking or pulling in of the skin between the ribs or under the throat
- Symptoms with running or playing
- Being cranky or fussy
- Tiredness
- Itchy, scratchy throat
- Trouble sleeping
- Headache
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- Sinking or pulling in of the skin between the ribs or under the throat

Warning signs are not the same for everyone. What are your child's warning signs?

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Your child may have different signs at different times. If you know your child’s warning signs follow your child’s Asthma Action Plan. You may be able to avoid a serious episode of asthma.

Call 911 if:
Your child's lips or fingernails are blue
Your child is fighting to breathe
Your child does not feel any better after taking a reliever
Your child’s symptoms and/or peak flow are still in the red zone 15 to 20 minutes after taking extra reliever medicine
If in doubt, don’t wait. Call 911!