

WARNING SIGNS OF AN ASTHMA EPISODE

Asthma episodes rarely occur without warning. Most people have warning signs (physical changes) that occur hours before symptoms appear. Warning signs are not the same for everyone. You may have different signs at different times. By knowing your warning signs and acting on them, you may be able to avoid a serious episode of asthma.

- ◆ Think back on your last asthma episode. Did you have any of the signs below?
- ◆ Check your warning sign(s). Show them to your health care provider and family.
- ◆ Remember to follow your asthma control plan as soon as these signs appear.

(Check here)

- | | |
|--------------------------------------------------------------|----------------------------------------------------|
| <input type="checkbox"/> Drop in FEV1 or peak flow reading | <input type="checkbox"/> Stroking chin or throat |
| <input type="checkbox"/> Chronic cough, especially at night | <input type="checkbox"/> Sneezing, head stopped up |
| <input type="checkbox"/> Difficulty Breathing | <input type="checkbox"/> Headache, fever |
| <input type="checkbox"/> Chest starts to get tight, or hurts | <input type="checkbox"/> Restlessness |
| <input type="checkbox"/> Breathing faster than normal | <input type="checkbox"/> Runny Nose |
| <input type="checkbox"/> Getting out of breath easily | <input type="checkbox"/> Change in face color |
| <input type="checkbox"/> Tired, itchy, watery eyes | <input type="checkbox"/> Dark circles under eyes |
| <input type="checkbox"/> Itchy, scratchy, or sore throat | <input type="checkbox"/> Other: _____ |



Source: National Asthma Education Program. National Heart, Lung, & Blood Institute (1992), reviewed by Asthma Ready® Communities Staff (2010).