



Pediatric Clinic
 ASTHMA EDUCATION HANDOUTS

Warning Signs of Asthma Episodes

Asthma episodes rarely occur without warning. Most people with asthma have warning signs (physical changes) that occur hours or days before more serious 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 physician and family.
- Remember to follow your asthma action plan as soon as these signs appear.

Check here

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

My most common warning signs of an asthma episode are:

1. _____
2. _____
3. _____