



WARNING SIGNS OF ASTHMA EPISODES

Asthma episodes rarely occur without warning. Most people with asthma 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 doctor and family.
Remember to follow your asthma control plan as soon as these signs appear.

Check Here:

Drop in peak flow reading
Chronic Cough, especially at night
Difficulty breathing
Chest starts to get tight or hurts
Breathing faster than normal
Getting out of breathe easily
Tired
Itchy, watery, or glassy eyes
Itchy, scratchy, or sore throat
Stroking chin or throat
Sneezing
Head stopped up
Headache
Fever
Restless
Runny Nose
Change in face color
Dark circles under eyes
Other : _____

My most common warning signs of an asthma episode are:

1. _____
2. _____

3. _____