

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 breath easily
- Tired
- Itchy, watery, or glassy eyes
- Itch, 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. _____