



## What you need to know about...

### Signs and Symptoms



Almost everyone with asthma feels early warning signs that their asthma is acting up. These signs let you know something is wrong before your asthma gets worse.

**Common early warning signs can include:**

Breathing Changes	Throat Clearing
Wheezing	Coughing
Chest Tightness	Headache
Dark Circles under Eyes	Short of Breath
Throat Itches	Feeling Tired
Trouble Sleeping	Chin Itches
Lower Peak Flow Readings	

Symptoms are felt when your asthma is acting up. It is also important to know what your asthma symptoms are and to create a treatment plan with your healthcare provider so you can take care of your asthma before it gets out of control.

**Common asthma symptoms can include:**

Wheezing                      Coughing  
Shortness of Breath      Chest Tightness

It is important for you to know your or your child's individual early warning signs and asthma symptoms. Remember, these are different for each person and you need to have an Asthma Action Plan worked out in advance with your healthcare provider to prevent an asthma episode from getting worse. You or your child's signs and symptoms may be different than those listed above.

**SIGNS OF AN ASTHMA EMERGENCY**

Difficulty talking (not able to finish a sentence)  
Difficulty walking  
Very fast or very slow breathing  
Nasal Flaring (nostril size gets bigger with breathing)  
Skin in neck area or rib area sucks in (retractions)  
Pale, gray or blue around lips or nail beds

**Any ONE** of these symptoms means your asthma is serious and can be life threatening. It is important to use your reliever medicine right away and to seek medical attention.