Early Warning Signs And Symptoms Of Asthma

Our bodies send us clues when an asthma trigger is nearby and before an asthma attack. These clues are called early warning signs.

Possible Early Warning Signs

- ❑ Itchy skin
- ❑ Itchy or Watery Eyes
- ❑ Itchy Nose
- ❑ Sneezing
- ❑ Scratchy Throat
- ❑ Headache
- ❑ Stomachache
- ❑ Tiredness
- ❑ Weakness
- ❑ Cold symptoms (runny nose, chest congestion, sore throat)

When a child experiences early warning signs, they need to ask themselves:

- Do I have my quick-relief medicine nearby?
- Am I near one of my asthma triggers?

Symptoms of Asthma

If a child doesn't notice these early clues and take action to avoid their asthma triggers, they may experience asthma symptoms like shortness of breath, chest tightness/chest pain, wheezing or coughing.

Possible Asthma Symptoms

- ❑ Wheezing
- ❑ Coughing
- ❑ Chest tightness/chest pain
- ❑ Shortness of breath
- ❑ Waking at night with cough or wheze
- ❑ Peak flow is below 80% of personal best

When a child experiences asthma symptoms they need to **take action right away** by:

- Taking their quick-relief medicine
- Telling an adult

Signs of Poorly Controlled Asthma

A child's asthma may be poorly controlled if the child:

- Has asthma symptoms daily or more than twice per week, or symptoms are worse than they used to be
- Needs to use quick relief medicine daily or more than twice per week
- A child is waking up at night with asthma symptoms (such as coughing) more than twice a month
- A child is missing school or is unable to participate in usual activities because of asthma