

## *Signs and Symptoms of Asthma*

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- **Call your doctor or get medical help immediately if you see emergency warning signs.**

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Each person has their own warning signs. Learn to know yours early.

#### Early Warning signs and symptoms:

- Coughing (day or night)
- Wheezing
- Breathing faster than usual
- Feeling tired
- Chest tightness
- Runny nose or scratchy throat



#### When you see these signs:

1. Take your quick relief medication.
2. Refer to your asthma action plan.
3. Avoid asthma triggers.

### **Call your doctor or get medical help immediately if you see emergency warning signs.**

- Breathing very quickly or hunched over
- Severe wheezing
- Nostrils open wider with each breath
- Hard time walking, talking, or eating
- The skin between the ribs is pulled tight
- Lips, skin, or fingernails are blue – **CALL 911**
- Quick relief medicine isn't working after 20 or 30 minutes – **CALL 911**



#### **If you see any of these symptoms:**

1. Call your doctor or get medical help RIGHT AWAY
2. Refer to your asthma action plan
3. Take your quick-relief medication

