

## **ASTHMA**

### **EARLY WARNING SIGNS**

- \* Decrease in peak flow reading
- \* Coughing, Dry Cough
- \* Wheezing
- \* Chest Tightness
- \* Difficult Breathing/Shortness of Breath
- \* Feeling Nervous, Irritable, Cranky
- \* Feeling Spacey/Mentally Detached
- \* Restlessness
- \* Not Sleeping Well
- \* Tired
- \* Feeling Weak/Low Energy Level
- \* Decreased Exercise Tolerance
- \* Dizziness
- \* Stomach Ache/Nausea/Loss of Appetite
- \* Paleness
- \* Changing Posture to Increase Air
- \* Clammy Skin
- \* Dark Color Under Eyes
- \* Itching
- \* Snoring
- \* Changes in Speech Pattern
- \* Dry Mouth/Increased Thirst
- \* Headache
- \* Runny/Stuffy/Congested Nose
- \* Sneezing
- \* Itchy Watery Eyes
- \* Itchy/Dry/Scratchy/Sore Throat
- \* Gravelly Voice/Hoarse

#### **NOTE:**

**\*\* *Different people have different symptoms.*** The above is a list of commonly complained about early warning signs. It is important that you learn to “listen” to your own body and determine what symptoms are early warning signs for your own body. Some symptoms may occur at the onset of difficulty in breathing, while others may start before you notice any changes in your breathing. For example, if you often have asthma after the start of a respiratory infection or an allergic response, your early warning signs may be tied to these symptoms (runny nose, watery eyes, etc.). After identifying, any of these early warning signs, follow your action plan when these symptoms or signs occur.