

# Signs and Symptoms of Asthma

## Early Warning signs and symptoms:

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



## If 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 right away if you see these 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.

