
Section 5

Signs
and
Symptoms
of Asthma

Signs and Symptoms of Asthma

Most asthma episode or attacks start slowly. Most people can tell when an asthma episode or attack is coming on. You can often stop an asthma episode or attack when you catch it early. Take your medicine per your action plan. Look for patterns. Tell your doctor about these patterns. Learn which of the following are your warning signs.

Mark the warning signs of asthma that apply to you:

- Waking up at night
- Drop in peak flow
- Coughing
- Shortness of breath
- Chest tightness or discomfort
- Wheezing
- Fast or difficult breathing
- Itchy, scratchy, or sore throat
- Itchy watery eyes
- Tendency to rub or stroke your throat
- Sneezing
- Runny nose
- Feeling that your head is stopped up
- Headache
- Fever
- Restlessness, anxiety or irritability
- Tiredness
- Slow or hard to learn new tasks
- Exercise intolerance
- Other _____

Talk With Your Doctor About Your Warning Signs

- Tell your doctor your warning signs.
- Plan what you should do when your warning signs occur. Follow the action plan. Ask your doctor about other times when you may need to take your bronchodilator (albuterol inhaler). You may need to take your bronchodilator at the first sign of a cold or flu. It may be before you exercise. Or it may be before you come in contact with something you're allergic to.