

# Warning Signs of an Asthma Attack

There are almost always warning signs before an asthma attack. Warning signs are not the same for everyone. Your child may have different signs at different times. Think back on the last asthma attack. Read the list below. Did your child have any of these signs during the last asthma attack, or other past attacks? The sooner you recognize the warning signs, the sooner you can take action and treat the asthma attack.

## Caution warning signs:

- Coughing
- Wheezing
- Tight Chest
- Waking up at night

### If you see any of the above:

- Refer to your child's asthma action plan
- Give them their quick-relief medications
- If your child is not improving, consult with their physician



## Emergency warning signs:

- Medicine not helping
- Breathing hard and fast
- Ribs showing or nostrils opening wide with each breath

**If you do not get better in 20 minutes get help. Contact your doctor, go to the Emergency Department, or call 911**



## Do not WAIT! Call 911 if:

- Lips or fingernails are blue
- Trouble walking or talking