Asthma Warning Signs

**Early Signs of Asthma**

**Mood Changes:**
___ Aggressive ___ Quiet
___ Overactive ___ Grouchy
___ Tired ___ Easily upset
___ Other_________________________

**Change in Facial Features:**
___ Red face ___ Swollen face
___ Dark circles under eyes ___ Pale face
___ Other_________________________

**Verbal Complaints:**
___ Fatigue ___ Tight chest
___ Neck feels funny ___ Don’t feel good
___ Chest filling up ___ Chest hurts
___ Mouth dry ___ Making noise breathing
___ Other_________________________

**Breathing Changes:**
___ Coughing ___ Taking deep breaths
___ Mouth breathing ___ Wheezing
___ Other_________________________

**Other:**
___ Stroking chin ___ Itchy chin
___ Other_________________________

**Signs as Asthma Worsens:**
___ Voice change ___ Shallow fast breathing
___ Quickening pulse ___ Listless
___ Wheezing increases
___ Other_________________________

**Signs of Severe Asthma**
___ Breathing from the neck up
___ Indentation at hollow of the neck
___ Perspiration (sweating)
___ Holding Hands over head
___ Blue lips and or fingernails
___ Other_________________________
___ Raised shoulders
___ Expression of fear
___ Flared nostrils
___ Leaning over or on leaning on something to breathe
___ Labored breathing
___ Decreased wheezing (diminished or absent breath sounds is a sign of a SEVERE ATTACK)

For more resources visit: [www.wvasthma.org](http://www.wvasthma.org)