



Asthma Warning Signs

Early Signs of Asthma

Mood Changes:

- Aggressive
- Overactive
- Tired
- Other _____
- Quiet
- Grouchy
- Easily upset

Change in Facial Features:

- Red face
- Dark circles under eyes
- Other _____
- Swollen face
- Pale face

Verbal Complaints:

- Fatigue
- Neck feels funny
- Chest filling up
- Mouth dry
- Other _____
- Tight chest
- Don't feel good
- Chest hurts
- Making noise breathing

Breathing Changes:

- Coughing
- Mouth breathing
- Other _____
- Taking deep breaths
- Wheezing

Other:

- Stroking chin
- Itchy chin
- Other _____

Signs of Moderate Asthma

Signs as Asthma Worsens:

- Voice change
- Quickening pulse
- Wheezing increases
- Other _____
- Shallow fast breathing
- Listless

Signs of Severe Asthma

- Breathing from the neck up
- Indentation at hollow of the neck
- Perspiration
- Hands over head
- Blue lips and or fingernails
- Other _____
- Raised shoulders
- Expression of fear
- Flared nostrils
- Leaning over or on something to breathe
- Labored breathing
- Decreased wheezing