

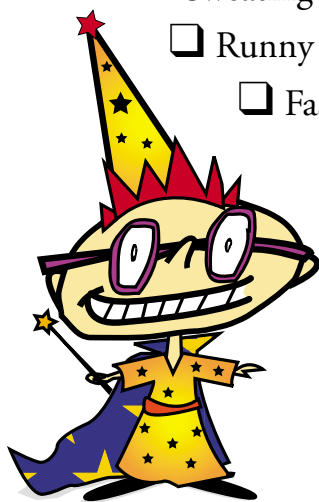
ASTHMA SIGNS

(Check those that happen to your child.)

LISTED BELOW ARE SIGNS THAT MAY INDICATE AN ASTHMA FLARE UP IS ABOUT TO HAPPEN ...

Since everyone's signs are different, it is important for you to know your child's "special" signs. This may allow you to take action when you—or your child—first see these signs!

- Breathing is hard and fast
- Glassy eyes
- Swollen face and/or dark circles under eyes
- Mouth breathing
- Pale complexion
- Tired
- Drop in peak flow meter reading
- Irritability
- Scratchy throat or neck
- Waking up at night
- Dry mouth
- Headache
- Change in voice
 - Sweating
 - Runny or stuffy nose
 - Fast pulse (heart rate)



If you and your child can learn to recognize asthma signs, you may be able to take control to prevent breathing problems.

ASTHMA SYMPTOMS INDICATE THAT AN ASTHMA FLARE UP IS HAPPENING.

THE FIVE MAIN ASTHMA SYMPTOMS ARE:

- Coughing
- Wheezing
- Tightness in the chest
- Shortness of breath
- Mucus (or phlegm or sputum) production

DANGER SIGNS

Talk to your doctor about when you should seek emergency help for your child.

Seek emergency medical treatment from a doctor or hospital for your child if:

- Peak flow meter readings drop below 50% of your child's PERSONAL BEST peak flow reading.
- It is hard to talk.
- Lips or fingernails turn gray or blue.
- Nose opens wide when breathing.
- Ribs and neck muscles show when breathing in.
- Heart rate or pulse is very fast.
- It is hard to walk.
- Medicine is not helping.
- The quick-relief medicine (commonly given in an inhaler) does not help for very long or not at all—and breathing is still fast and hard.