Name of Child: ____________________________   Date: _________________

**Warning Signs of Asthma Attacks**

Most asthma attacks warn you that they’re coming. Warning signs start hours before the asthma attack. If you learn your child’s warning signs and act on them, you may avoid an asthma attack.

Here is a list of warning signs of an asthma attack. Warning signs are not the same for everyone. Your child may have different signs at different times. Think back to your child’s last few asthma attacks. Check the warning signs you saw:

- Drop in peak flow reading
- Tired
- Less energy
- Breathing faster than normal
- Chest starts to get tight or hurts
- Rubbing or scratching chin or throat
- Head stuffed up, congestion
- Sneezing
- Fever
- Dark circles under eyes
- Face color pale or flushed
- Restless
- More coughing
- Feeling short of breath
- Trouble breathing
- Itchy, scratchy or sore throat
- Coughing at night
- Runny nose
- Headache
- Itchy, watery or glassy eyes
- Chest skin sucks in
- Irritable

My child’s most common warning signs of asthma attacks are:
1. 
2. 
3. 
4. 

As soon as you see these signs, follow the **yellow zone** of your **Asthma Action Plan**.
Show this list to your: 
☐ doctor  ☐ nurse  ☐ school nurse
☐ family  ☐ baby sitter  ☐ ________________

If you have any questions or concerns,
☐ call your child’s doctor or  ☐ call ________________

If you want to know more about child health and illness,
visit our library at The Emily Center at Phoenix Children’s Hospital
1919 East Thomas Road
Phoenix, AZ 85016
602-933-1400
866-933-6459
www.phoenixchildrens.org
Facebook: facebook.com/theemilycenter
Twitter: @emilycenter
Pinterest: pinterest.com/emilycenter

Disclaimer
The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children’s Hospital urges you to contact your physician with any questions you may have about a medical condition.
Warning Signs of Asthma Attacks

Name of Health Care Provider: ________________________________
For office use: Date returned: ____________ ☐ db

Family Review of Handout

Health care providers: Please teach families with this handout. Families: Please let us know what you think of this handout.

Would you say this handout is hard to read?  ☐ Yes  ☐ No

easy to read?  ☐ Yes  ☐ No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read?  ☐ Yes  ☐ No

Why or why not?

Would you do anything differently after reading this handout?  ☐ Yes  ☐ No

If yes, what?

After reading this handout, do you have any questions about the subject?  ☐ Yes  ☐ No

If yes, what?
Is there anything you don’t like about the drawings? □ Yes □ No

If yes, what?

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below.

The Emily Center
Health Education Specialist
Phoenix Children's Hospital
1919 East Thomas Road
Phoenix, AZ 85016-7710

602-933-1395

Thank you for helping us!