

## Clues that an asthma attack is coming

Before your child has real trouble breathing, your child will have clues that something is not right. Some people call these asthma warning signs.

Learn your child's clues. Each child is different. Pay attention and act fast.



**A low number on the peak flow meter**



**Cough**



**Tight chest, heart beats fast**



**Throat is scratchy**



**Itching**



**Tummy hurts, throwing up**



**A little wheezing or whistling sound**



**Nose runs, sneezing**



**Red or watery eyes, dark circles under eyes**



**Feels tired, quiet, lays around**



**Feels dizzy, head hurts**

### Other clues:

- Change in behavior
- Can't sleep
- Change in appetite
- Rashes, hives
- Face hot or flushed
- Voice changes