

Early Warning Signs of Asthma Checklist

People with asthma have noted the following early warning signs. Check the signs that you have experienced in the past, and list any other personal early warning signs at the bottom of the page.

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|--|--|
| <input type="checkbox"/> Breathing changes | <input type="checkbox"/> Feeling tired |
| <input type="checkbox"/> Feel funny in chest | <input type="checkbox"/> Want to be alone |
| <input type="checkbox"/> Headache | <input type="checkbox"/> Get quiet |
| <input type="checkbox"/> Easily Upset | <input type="checkbox"/> Feel weak |
| <input type="checkbox"/> Eyes look glassy | <input type="checkbox"/> Slow down |
| <input type="checkbox"/> Dark circles under eyes | <input type="checkbox"/> Feel sad |
| <input type="checkbox"/> Get excited | <input type="checkbox"/> Pale |
| <input type="checkbox"/> Watery eyes | <input type="checkbox"/> Stuffy nose |
| <input type="checkbox"/> Sweaty | <input type="checkbox"/> Restless |
| <input type="checkbox"/> Feverish | <input type="checkbox"/> Grumpy |
| <input type="checkbox"/> Chin or throat itches | <input type="checkbox"/> Heart beats faster |
| <input type="checkbox"/> Coughing | <input type="checkbox"/> Sneezing |
| <input type="checkbox"/> Change in Sputum (mucus) | <input type="checkbox"/> Runny nose |
| <input type="checkbox"/> Dry mouth | <input type="checkbox"/> Trouble sleeping |
| <input type="checkbox"/> Poor tolerance for exercise | <input type="checkbox"/> A downward trend in peak flow numbers |

List other early warning signs that are not listed above:
