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.

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

List other early warning signs that are not listed above:
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