

Early Warning Signs and Symptoms of an Asthma Attack

Early warning signs and symptoms usually happen before a more serious attack. These are different for each student who has asthma and can be easy to miss.

Encourage students to speak up if they have any early warning signs and symptoms.

When you see those signs or a student reports them, act fast to stop symptoms and help avoid an asthma attack. Even mild asthma symptoms can get worse quickly and lead to a serious asthma attack.



Be Prepared

Know your school's plan for managing asthma emergencies.



Get Help

Never leave the student alone. Even mild symptoms can become severe or life threatening quickly.



Be Aware

Know which students have asthma and if possible, their triggers and early warning signs.



Stop Activity

Help the students stay calm and comfortable. If an environmental trigger is involved, remove the student from the trigger if possible.



Have An Asthma Action Plan

Reviewing the student's Asthma Action Plan with the school nurse helps provide a "Circle of Care". This ensures everyone responsible for the student's safety during the school day knows how to keep them safe and ready to learn.

The box below is based on national recommendations to keep children with asthma safe and ready to learn at school.

Common Early Warning Signs of An Asthma Attack

- Waking up at night
- Mild wheezing
- Mild cough
- Mild difficulty breathing
- Need more quick-relief medication than usual
- Cannot do all usual activities
- Chest hurts/feel tight
- Low peak flow readings
- Itchy or runny nose
- Itchy, scratchy, or sore throat
- Itchy, watery, or glassy eyes