

Warning Signs of an Asthma Attack

Asthma attacks can be frightening for both parents and children. Below is a list of warning signs to look for in a child having an asthma attack:

- Breathing is difficult and faster than usual
- Complaints of wheezing, coughing and shortness of breath
- Speaking is affected due to difficulty breathing
- Skin color is pale
- Level of awareness has decreased

What can you do? Keep your child calm. Only give medication as prescribed by a physician.

Having a plan may help relieve some fear and uncertainty associated with an asthma attack. Notify your child's school, coach, family members, friends, neighbors, etc., so they will be better prepared for the situation if it were to occur. Talk with your child about what triggers their attacks and steps to take if it were to happen.



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