SIGNS OF AN ASTHMA FLARE-UP

Young children may have early signs of an asthma flare up that are different from older children and adults. Follow your child’s Asthma Action Plan as directed.

Your child may be in the yellow zone with ANY of these:

- Signs of a cold
- Cough or wheeze
- Tight chest
- Problems sleeping or playing
- Itchy, scratchy, sore throat, or clearing throat a lot
- Nose that is runny, stuffy, or rubbed a lot
- Dark circles under eyes
- Looks pale, tired, or weak
- Stomach aches or headaches
- Mood changes like being extra grouchy, extra quiet, or restless
- Eczema flare-up

Your child is in the red zone with ANY of these:

- Having trouble walking or talking due to shortness of breath
- Quick-relief medicine is not helping
- Breathing hard and fast
- Skin is sucked in around neck
- Nose flaring
- Hunched over
- Lots of coughing
- Ribs show

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