

EARLY SIGNS OF AN ASTHMA EPISODE

A student may exhibit one or more of these signs during the initial phase of an asthma episode.

1. Changes in breathing

- Coughing
- Wheezing
- Mouth breathing
- Shortness of breath
- Rapid breathing

2. Verbal Complaints

- Chest tightness
- Chest discomfort (hurts)
- Cannot catch breath
- Dry mouth
- Neck 'feels' funny
- Doesn't feel well

3. Other signs and symptoms

- Itchy neck, chin
- Clipped speech, short choppy sentences

Source: *Managing Asthma: A Guide for Schools*. National Heart, Lung, and Blood Institute (NHLBI), National Institutes of Health, U.S. Department of Health and Human Services, and the Fund for the Improvement and Reform of Schools and Teaching. Office of Educational Research and Improvement (OERI), U. S. Department of Education, September 1991. NIH Publication No. 91-2650