

What to know and when to get help

An asthma attack can escalate quickly. It's important to be familiar with the basic signs and symptoms. Symptoms may vary by individual but can include shortness of breath, wheezing, coughing, and chest pain and tightness. Please reference the guidelines below to track the severity of your condition.



Manage your symptoms by:

- Taking your maintenance and rescue medications as prescribed
- Avoiding cigarette smoke and other irritants
- Avoiding exercise when asthma is flaring up
- 80-100% of your usual or "normal" peak flow rate* (signals all clear)

*Everyone's peak flow rate is different. Discuss what your "normal" is with your doctor.



Contact your doctor if:

If you cannot reach your doctor in 24 hours, please visit a walk-in clinic.

- You have cough, wheezing, chest tightness or shortness of breath with your daily activities, at work or play, or with exercise, for more than 24 hours
- You are up for more than 24 hours because of cough, wheezing, chest tightness or shortness of breath
- You are coughing up yellow or green sputum
- You have a fever



Go to the ER or call 911 if:

- You have severe shortness of breath or wheezing that is not helped with inhaler or nebulizer treatment
- You have less than 50% of your usual or "normal" peak flow rate (signals a medical alert)

*If you are experiencing a life-threatening emergency, go directly to the ER or dial 911.