

# FACT SHEET

## Early Signs & Symptoms of Asthma

For people who may not know they have asthma, these symptoms may be early warning signs. Talk with your health care provider if you have any of the following:

- **Coughing or wheezing**
- **Waking up at night from coughing**
- **Tightness in chest**
- **Began to cough, wheeze, or chest tightness after exposure to specific things in the environment**
- **Experience wheezing and chest tightness with a cold**



If you have been diagnosed with asthma; these are some early signs of an asthma flare up:



- ❖ **A feeling of tightness in the chest**
- ❖ **Light wheezing**
- ❖ **Extra effort to breathe**
- ❖ **Coughing in the absence of a cold**
- ❖ **Itchy chin or neck**
- ❖ **Dizziness or tiredness**
- ❖ **Shortness of breath**
- ❖ **Fast breathing**
- ❖ **Breathing through the mouth**

The types of signals are different from person to person. A person may have one or more of these signs.



*If you have questions or would like more information, please contact:*

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