



## Warning signs of possible problems with asthma

### Warning signs

If you have any of these warning signs, call your doctor:

- You are having asthma attacks more often, or your asthma attacks are getting worse.
- You are using your rescue medicine for asthma attacks *more than once a week*.
- You are waking up in the night coughing and wheezing from asthma *more than once a month*.
- When you have a cold or other illness that affects breathing, it lasts *longer than usual*.
- You are having problems breathing during physical activity or exercise.

### What do these warning signs mean?

These signs can mean that asthma is getting out of control, and something needs to be done. If you have any of the warning signs, talk with your doctor:

- Find out what the warning sign means for you and what to do.
- Don't wait long to call your doctor – it's important to get your asthma back under control. When your asthma is under control, you will breathe better and feel better.

### What can cause these warning signs?

- It's possible that your daily control medicine is not working as well as it should, and it needs to be changed.
- Maybe you have been around your asthma triggers more often. Or you might be getting more sensitive to your triggers, or getting some new ones. (Asthma "triggers" are the things that cause asthma problems for you).
- There are many other possible reasons for these warning signs. If you have one or more of the warning signs, talk with your doctor about what it means and what to do.