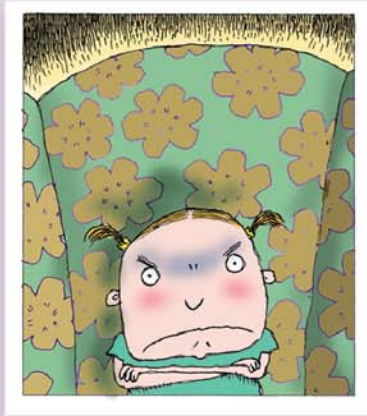
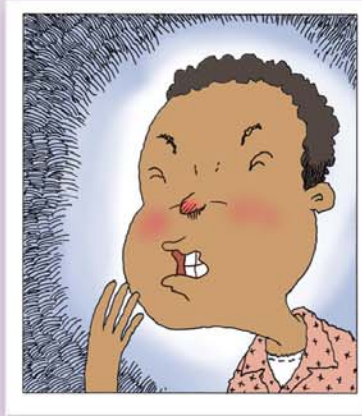


# Asthma. . . Know the early warning signs



Feeling tired/ weak/ grumpy



Coughing



Itchy, watery eyes



Dark circles under the eyes



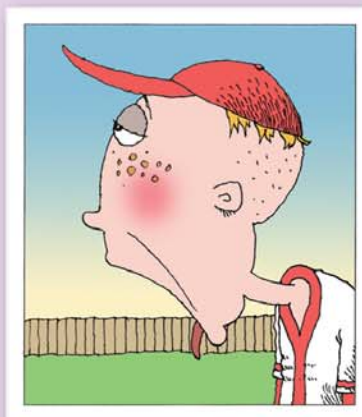
Drop in peak flow readings



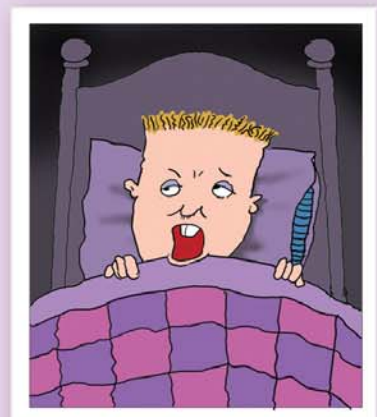
Runny/ stuffy nose



Sneezing



Getting out of breath easily



Coughing & waking at night

**T**hese warning signs may signal that an asthma attack is coming. Treated early, you may prevent the asthma attack. Talk to your doctor about controlling your asthma.



**Allies Against Asthma**

CINCH