

## What are the Symptoms of Asthma?

Some asthma symptoms, like wheezing or struggling to breathe, are hard to miss. But coughing or tiredness can also be due to asthma. Asthma symptoms can range from moderate to severe. Remember, that some children have symptoms often (persistent asthma) while others have symptoms once in a while (intermittent asthma).

If your child is experiencing symptoms more than 2 times per week, his/her asthma is poorly controlled and he/she needs to step up therapy.

Mild to moderate symptoms include:

- Wheezing (a whistling noise in the chest when breathing)
- Coughing, which may increase at night
- Chest pain or tightness
- Fast breathing when at rest
- Difficulty breathing
- Breathlessness
- Dry mouth
- Tiredness or fatigue (getting tired or out of breath easily)
- Waking at night due to asthma symptoms
- Difficulty exercising

Severe symptoms include:

**(Call 911 if you see any of these.)**

- Breathing may be shallow (weak) and faster or slower than usual
- Gasping for air
- Nasal flaring
- Sucking in between the ribs and above and below the breastbone (retractions)
- Difficulty talking or concentrating
- Walking increases shortness of breath
- Gray or bluish tint around mouth and fingernails
- 3-point sitting position (hunched shoulders)

**DANGER:** If wheezing decreases but other symptoms continue, the child's lungs are possibly closing down. **Call 911 immediately.**



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