

For Kids: Asthma Symptoms and Triggers



You can learn how to help control your asthma. One way is to learn about the things that make your symptoms worse. Or the things that cause your flare-ups. You can also learn the early signs of a flare-up. The more you know, the easier it will be to control your asthma.

Know your early symptoms



How do you feel when your asthma starts to flare up? You may have trouble sleeping. Or you may feel tired and weak. Make sure you know what to do if you feel any of your early signs. Your healthcare provider most likely instructed you to take medicine. Check your early warning signs:

- ☐ Coughing
- ☐ Waking up at night with symptoms (for instance, coughing)
- ☐ Breathing faster
- ☐ Feeling tight in your chest
- ☐ Wheezing, or a whistling sound when breathing
- ☐ Feeling out of breath
- ☐ Feeling tired
- ☐ Other symptoms: _____

Know your asthma triggers

Some things make your asthma symptoms worse or cause a flare-up. They're called asthma triggers. Try to stay away from them or control them. Here are some common asthma triggers. Check the triggers that make your asthma flare up:

- ☐ Pets or pet hair
- ☐ Cold air
- ☐ Mold
- ☐ Pollen

- ☐ Perfume or other strong smells
- ☐ Dust
- ☐ A cold or the flu
- ☐ Smoke
- ☐ E-cigarettes
- ☐ Air pollution
- ☐ Grass
- ☐ Exercise

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