

Symptoms:

*Common childhood asthma signs and symptoms include:

- Frequent coughing that worsens when the child has a viral infection, occurs while the child is asleep or is triggered by exercise or cold air.
- A whistling or wheezing sound when breathing out.
- Shortness of breath
- Chest congestion or tightness – it may feel like a band is tightening around it.

*Childhood asthma might also cause:

- Trouble sleeping due to shortness of breath, coughing or wheezing.
- Bouts of coughing or wheezing that get worse with a cold or the flu.
- Delayed recovery or bronchitis after a respiratory infection.
- Trouble breathing that hampers play or exercise.
- Fatigue, which can be due to poor sleep.

N.B.

1) Asthma signs and symptoms vary from child to child, and might get worse or better over time. Your child might have only one indication, such as a lingering cough or chest congestion.

2) It can be difficult to tell whether your child's symptoms are caused by asthma. Periodic or long-lasting wheezing and other asthma-like symptoms can be caused by infectious bronchitis or another respiratory problem. Many things can cause these symptoms, but they're more likely to be asthma if they:

happen often and keep coming back,

are worse at night and early in the morning,

seem to happen in response to an asthma trigger like exercise or an allergy (such as to pollen or animal fur).

*Asthma attacks

Asthma can sometimes get worse for a short time – this is known as an asthma attack. It can happen suddenly, or gradually over a few days.

*Signs of a severe asthma attack include:

- wheezing, coughing and chest tightness. -Becoming severe and constant.
- Being too breathless to eat, speak or sleep.
- Breathing faster.
- A fast heartbeat.
- Drowsiness, confusion, exhaustion or dizziness.
- Blue lips or fingers.
- Fainting.