

Asthma is a common lung condition that causes occasional breathing difficulties. It affects people of **all ages** and often starts in childhood, although it can also develop for the first time in adults.

The main symptoms of asthma are in **Adults:**

**Wheezing** (whistling sound when breathing)

**Breathlessness** and **Shortness of breath**

**Frequent coughing**

**A tight chest, which may feel like a band is tightening around it**

**Trouble sleeping caused by coughing**

**A sore throat**

**Tiredness or weakness during physical activities**

**Sometimes get temporarily worse. This is known as an asthma attack**

**Coughing** or **wheezing** attacks that are **worsened** by a respiratory **virus**, such as a **cold** or **the flu**