

How do I know if my child has Asthma?

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Only a doctor can tell you if your child has asthma. **You can help your child by looking out for common asthma symptoms. If your child has *any* of the symptoms below, then he or she may have asthma.**

Common Symptoms of Asthma in Young Children

- Fast breathing
- Repeated dry coughing (coughing when nothing comes up)
- Wheezing or whistling sound when breathing
- Tiredness
- A hard time sleeping because of coughing
- Tightness in chest
- Stomach or throat sinks in when breathing

If you have a baby or infant then you should look for the following symptoms:

Common Symptoms of Asthma in Babies/Infants

- Crying changes. It becomes softer and shorter.
- Can't nurse or suck.
- Skin on the chest or stomach looks tight
- Chest gets bigger
- Lips and face lose color. Fingernails turn blue. (This is an emergency. If this happens go to the hospital right away!)



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