

What is Asthma Severity?: Intermittent Asthma or Persistent Asthma

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Created 06/16/2009 - 16:19

Asthma can affect people in different ways. Your doctor will diagnose your child with a specific level of asthma severity. Your child's asthma severity diagnosis is based on the frequency of your child's symptoms. Children need different medications, depending on their age and asthma severity.

Use the chart below for information about your child's asthma severity.

Ages 0-4 years:

If my child's asthma is...

Asthma Severity

Frequencies of Daytime Symptoms are...

Then that means...

Frequencies of Nighttime Symptoms are...

Need to take Controller Medicine?

Intermittent

Less than **or** equal to 2 times per week.

None

No controller medicine taken. Only quick relief medicine taken as needed.

Mild Persistent

More than 2 times per week.

1-2 times per month.

Low dose of daily controller medicine needed.

Moderate Persistent

Daily. May not be able to participate in physical activity.

3-4 times per month.

Medium dose of daily controller medicine needed.

Severe Persistent

Throughout the day. Frequent bad asthma attacks where child cannot breathe.

More than 1 per week.

Medium dose of daily controller medicine needed.

Ages 5-11 years:

If my child's asthma is...

Asthma Severity

Frequencies of Daytime Symptoms are...

Then that means...

Frequencies of Nighttime Symptoms are...

Need to take Controller Medicine?

Intermittent

Less than **or** equal to 2 times per week.

Less than or equal to two nights per month.

No controller medicine taken. Only quick relief medicine taken as needed.

Mild Persistent

More than 2 times per week.

3-4 times per month.

Low dose of daily controller medicine needed.

Moderate Persistent

Daily. May not be able to participate in physical activity.

More than 1 per week.

Medium dose of daily controller medicine needed.

Severe Persistent

Throughout the day. Frequent bad asthma attacks where child cannot breathe.

Frequent. 7 times per week.

Medium dose of daily controller medicine needed.

Your child's asthma severity may change as your child gets older. Remember to always monitor how often your child takes quick relief. This will let you know if your child's asthma severity has changed.

[up](#) [‹ Does my child have to take the asthma medicine that the doctor prescribes my child?
When should I replace my child's pump? ›](#)

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