

Asthma Symptoms

No Asthma

- Can play like normal
- No problems with breathing
- No cough at night

Asthma Getting Worse

- Can't play like normal
- Short of breath, can't breathe properly
- Cough at night

Go to Doctor

- Can't sleep – restless, crying, coughing
- No energy, tired
- Asthma causing distress to child



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Use a spacer every
time you use an inhaler

English version