

## HOW TO RECOGNISE AN ASTHMA ATTACK

It is important that you recognise the signs and symptoms of an asthma attack in your child. Be aware that the onset of an asthma attack can gradually appear over days. Early recognition will help prevent your child from getting worse and needing to come in to hospital.

Your child may have one or more of these symptoms during an asthma attack:



### BREATHING HARD AND FAST

You may notice your child breathes faster or is having chest 'recessions' which is the pulling in of muscles in between the ribs or underneath the ribs.



### WHEEZING

This is typically a high-pitched whistling noise heard on breathing in and out, a sound produced by inflamed and narrowed airways that occur in asthma.



### COUGHING

Your child may have a worsening cough, particularly at night preventing your child from having restful sleep.

### BREATHLESSNESS

Your child may appear to be less active, with refusal to eat or even restlessness. This may be a sign that they are too breathless to run around, eat or even sleep.

them discomfort.

### INCREASED

If your child is inhaler more you follow your seek help when the reliever inhaler fails to improve your child's symptoms.



### USE OF THE RELIEVER INHALER

old enough, he/she may ask for the reliever frequently during an attack. It is important that child's asthma action plan and know when to