

## HOW TO RECOGNISE AN ASTHMA ATTACK

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

A child or young person may have one or more of these symptoms during an asthma attack:



### BREATHING HARD AND FAST

You may notice they breathe faster or have shorter breaths.

### 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

They may have a worsening cough, particularly at night preventing them from having restful sleep and making them seem more tired in class.



### BREATHLESSNESS

They may appear to be less active, or may seem reluctant to join in activities. Breathlessness can also cause lack of interest in food or restlessness.

### CHEST TIGHTNESS

They may describe a tight feeling or squeezing within their chest

### INCREASED USE OF THE RELIEVER INHALER

The child or young person will use their reliever inhaler more frequently during an attack. It is important that their asthma action plan is followed and that medical help is called if they are not improving.

