

Does my child have asthma ? Tell the doctor if your child...

1. Coughs a lot or has trouble breathing when:
 - playing (during or after physical activity)
 - sleeping (awakes coughing in the night or early morning)
2. Wheezes – noisy breathing or whistling sounds from the chest
3. When having trouble breathing, sometimes:
 - skin pulls tight around the ribs and neck
 - heartbeat or pulse is faster than usual
4. Has head colds that “go to the chest” and last more than 10 days
5. Has dry itchy skin, rashes or eczema
6. Has relatives with a history of asthma
7. Has gone to the emergency room for difficulty breathing
8. Has used medicine or an inhaler to breathe better
9. Coughs, wheezes or has hard time breathing around:



pets - cats, dogs, birds



house dust



pests - cockroaches, mice



tobacco smoke



pollens - grass, trees, plants, weeds



molds and mildew



wood smoke



some foods



perfumes - household sprays



weather changes

These can be signs of asthma.

Asthma is a serious health problem, but it is treatable.

Asthma Project

Child Health and Disability Prevention Program

Children Medical Service, California Department of Health Services

