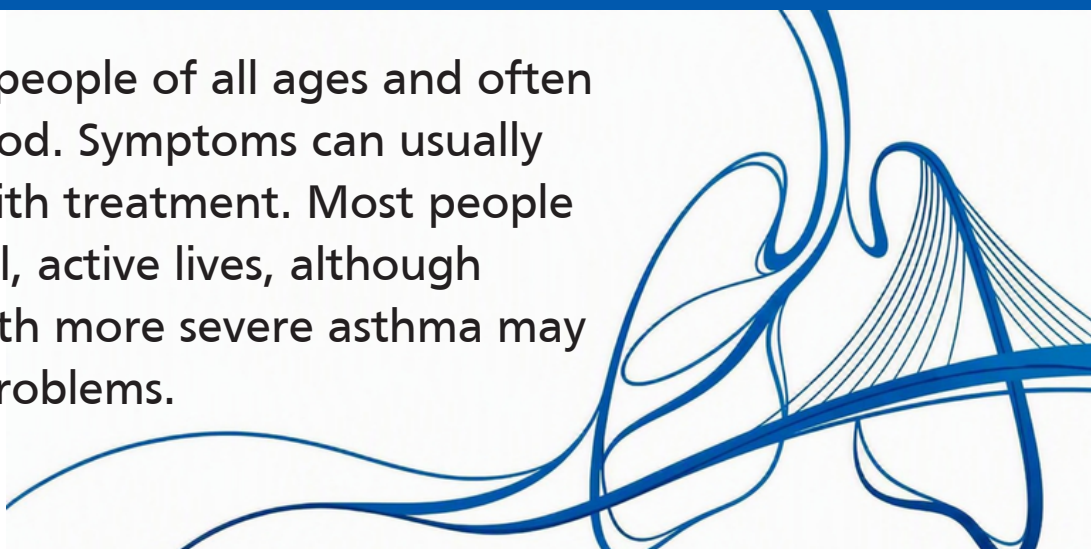


# Signs that a child or young person might have asthma

Asthma affects people of all ages and often starts in childhood. Symptoms can usually be controlled with treatment. Most people will have normal, active lives, although some people with more severe asthma may have ongoing problems.



## The most common symptoms of asthma are:

- wheezing (a whistling sound when breathing)
- breathlessness
- a tight chest – it may feel like a band is tightening around it
- coughing

## Many things can cause these symptoms, but they're more likely to be asthma if they:

- happen often and keep coming back
- are worse at night and early in the morning
- seem to happen in response to an asthma trigger like exercise, vape or an allergy (such as to pollen or animal fur)

See a GP if you think you or your child may have asthma, or if you have asthma and are finding it hard to control.

Scan the QR code or search 'NHS London Ask About Asthma Campaign'.

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