

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.

Find more information about asthma care on the [#AskAboutAsthma](#) website.