



SIGNS AND SYMPTOMS IT MIGHT BE ASTHMA (CHECKLIST)

This checklist provides a list of common signs and symptoms of asthma. Print the list, review it and bring it with you to your next health care provider appointment to discuss.

I notice that my child:

Yes No

- | | | |
|--|--------------------------|--------------------------|
| 1. Coughs, wheezes, or has shortness of breath when running and playing or has to stop running or playing before other children just to catch their breath | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Coughs in the night for weeks after a cold | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Has trouble sleeping because of coughing, mucus/("snot") or trouble breathing | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Misses school because of breathing problems | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Complains of a tight, heavy chest | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Appears to have eczema or has a known allergy/allergies | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Has family members that have asthma, allergies, hay fever or eczema | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Has a blue puffer they use more than two times a week | <input type="checkbox"/> | <input type="checkbox"/> |

The likelihood of asthma is higher with more "yes" answers.

As the parent of a child who might have asthma, my questions or concerns about my child are: