

Assess asthma symptoms

MILD

Mild symptoms might include:

- *slight wheeze*
- *mild cough*
- *symptoms when excited or running*

Moderate

Moderate symptoms might include:

- *obvious breathing difficulties*
- *persistent cough*
- *difficulty speaking a complete sentence*

SEVERE

Severe symptoms might include:

- *distress*
- *gasping for breath*
- *difficulty speaking more than one or two words*
- *looking pale and sounding quiet*
- *complaints that the reliever medicine is not working*
- *unresponsiveness*

Source:

Asthma + Respiratory Foundation NZ

<https://s3-ap-southeast-2.amazonaws.com/assets.asthmafoundation.org.nz/documents/Children-and-Asthma-Resource.pdf>

[View full image \(162 KB\)](#)

This information was downloaded/printed from the Ministry of Education's website "Inclusive Education". Except where otherwise noted it is Crown Copyright 2018.

Information on the Inclusive Education website is regularly updated so we recommend you check the website version of this information to ensure it remains current.

