

# Recognise signs of distress

Signs to watch for in a child or young person with asthma:

- ✓ frequently expressing a desire to sit out or saying they are unable to participate in a physical activity
- ✓ sleepiness or inability to focus on activities (This may mean their asthma is not controlled at night.)
- ✓ frequently using a reliever during the day
- ✓ coughing, shortness of breath with minimal activity
- ✓ increased absenteeism.

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