

Signs of asthma

Asthma symptoms are caused by the narrowing of the airways.

Symptoms vary over time and from person to person.

Common symptoms are:

- breathlessness
- wheezing
- tight feeling in the chest
- continuing cough.

Symptoms often occur at night, early in the morning, during, or just after activity, or from exposure to triggers such as stress, dust, chemicals, colds and flu, pollen, or tobacco smoke.

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.
