

# 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>

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