

Assessing Asthma Severity:

Well controlled asthma:

- No cough
- No wheeze
- No chest tightness
- No limitation of activity
- Peak flow within 20% of personal best



Mild asthma symptoms:

- Requires medical attention if persistent.**
- Child should not engage in vigorous activity.**
- Occasional cough
- Slight wheeze
- May be a tickle in the throat
- Peak flow 50% to 80% of personal best



Moderate to severe asthma symptoms –

- Requires URGENT medical attention – Call parents!**
- Persistent cough
- Persistent wheeze
- Breathing faster than normal (more than 30 breaths in a minute)
- Waking at night due to difficulty breathing
- Peak flow near 50% of personal best



Danger signs:

- Requires IMMEDIATE medical attention – call 911!!**
- Difficulty speaking more than 1 or 2 words between breaths
- Hard to walk more than a few steps due to difficulty breathing
- Chest or belly sucking in with each breath
- Nostrils flaring out with each breath
- Breathing very fast (more than 40 breaths in a minute)
- Lips or fingers turning blue
- Peak flow significantly below 50% of personal best



**A child who is having breathing problems from asthma
should NEVER be left alone!!**