

# CLUES YOUR TODDLER MAY HAVE ASTHMA

Asthma may be hard to detect in young children because they can't explain how they are feeling, and breathing tests are not as easy to do.

## WATCH YOUR CHILD FOR THESE CLUES:

**WHEEZING**  
or a whistling  
sound in  
the chest  
while exhaling



**COUGHING**  
for weeks  
with a cold



**SHORTNESS  
OF BREATH**  
or coughing  
when running  
around or  
in cold weather



**STOPPING OR  
SLOWING  
DOWN**  
physically  
more than  
other children



Early detection and treatment can prevent scary breathing episodes, problems with exercise and emergency department visits. Talk with your doctor if:

- You have a family history of asthma
- Your child has eczema, hay fever or food allergies
- You see any signs of asthma in your toddler

### ASTHMA FACTS

- 1 in 10 children in the U.S. have asthma
- 10.5 million missed school days each year due to asthma
- 4% of 5 to 17 year olds have limited activity due to asthma
- 7% of preschool children with asthma are hospitalized

**njhealth.org**  
1.877.CALL NJH (1.877.225.5654)

 **National Jewish  
Health**  
Breathing Science is Life.