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
· You notice repeated episodes of harsh coughing or wheezing with colds/viral illnesses

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