

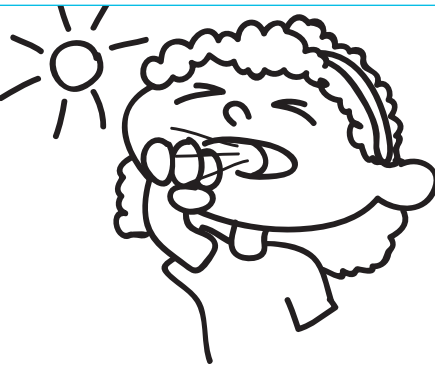


Signs and symptoms of asthma

Asthma has many different signs and symptoms. Do you know your signs and symptoms?

Using your favorite crayons or markers, color the pictures that show your asthma signs and symptoms.

Coughing during the day



Scratchy throat



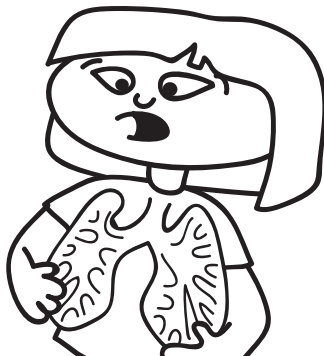
Coughing at night



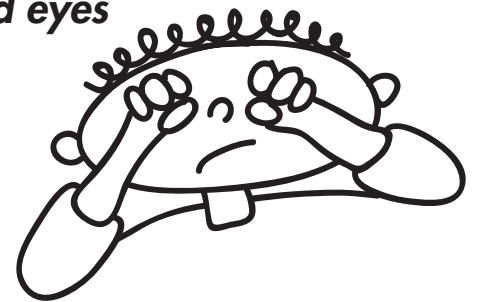
Tiredness



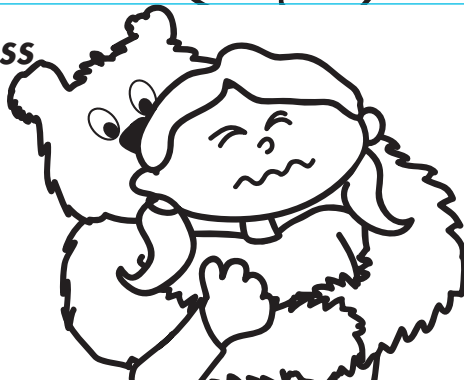
Wheezing



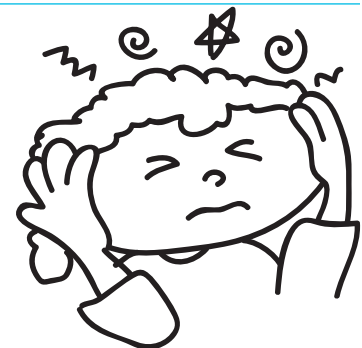
Itchy nose and eyes



Chest tightness



Headache



Triggers



Your asthma can be triggered by different things around you.

Circle the triggers that most often bother you.

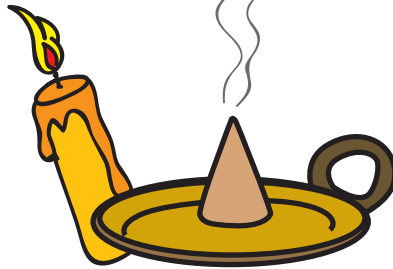
Aerosol sprays



Dust



Candles and incense



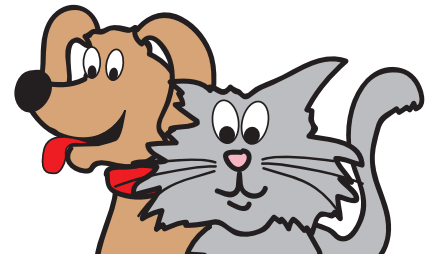
Laughter



Certain foods



Pets or other animals



Changes in the weather



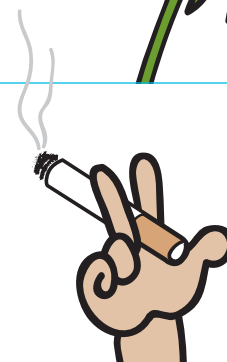
Pollen



Cold temperatures



Smoke



Crying



Strong odors

