

# Know Your Asthma Symptoms

Any one of these symptoms may mean that you have asthma.

Symptoms are clues that let you know that you are having an asthma attack.

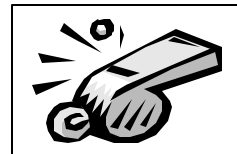
1. Coughing after exercising or crying



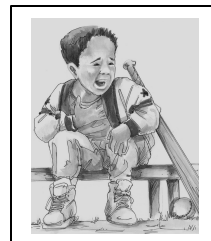
2. Shortness of breath



3. Whistling/wheezing sound when you breathe



4. Tight feeling in your chest



**Allies Against Asthma**



Developed by the Consortium for Infant and Child Health's (CINCH)  
Allies Against Asthma Work Group

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