

Asthma does not feel the same way for everyone.



**Most people with asthma experience one or more of the following symptoms:**

<b>Coughing</b>	Coughing from asthma is often worse at night or early morning, making it hard to sleep. Sometimes coughing is the only symptom. Sometimes coughing brings up mucus, or phlegm. A prolonged cough after a routine cold virus is common.
<b>Wheezing</b>	Wheezing is a whistling or squeaky sound when breathing.
<b>Chest tightness</b>	Can feel like something is squeezing or sitting on the chest.
<b>Shortness of breath</b>	Sometimes people say they can't catch their breath, or they feel breathless, or out of breath, like they can't get enough air out of their lungs.
<b>Fatigue/tiredness</b>	Getting tired more easily. Coughing or difficulty breathing with exercise.
<b>Fast breathing</b>	Fast breathing that causes skin around the ribs or neck to pull in tightly.

**The severity and patterns of symptoms may vary:**

- Worsening of symptoms at night
- Frequent or chronic symptoms with periods of acute wheezing and coughing
- Seasonal changes based on infections or allergy triggers
- Coughing or shortness of breath with exercise