

## What you may feel when you have asthma symptoms

When your airways react to triggers, they usually become narrow. This makes it hard for you to breathe. Here are some asthma symptoms you may have:

### Coughing

- Coughing may be worse at night or in the early morning.

### Nighttime Awakenings

- Waking up at night with asthma symptoms such as coughing or difficulty breathing.

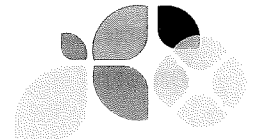
### Wheezing

- Hearing a whistling or a wheezing sound when you breathe.



### TIP

Your health care provider should be the first person you go to with any questions about your asthma.



Provided as an  
educational resource  
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# ASTHMA

Continued from other side

## Chest Tightness

- Feeling that your chest is tight or that it is being squeezed.

## Trouble Breathing

- Feeling that you cannot catch your breath or that you cannot take a deep breath.

Asthma symptoms can happen at any time. Keep track of your symptoms and when you have them. Follow the asthma action plan you created with your health care provider. If you need to use your rescue medicine more than 2 days a week, see your health care provider as soon as you can.

