

WHAT DO YOU KNOW ABOUT ASTHMA?

ASTHMA AND YOUR BODY

- Yes No Can things such as perfume, hairspray and cigarette smoke trigger asthma?
- Yes No Asthma causes the muscles to tighten around the breathing tubes in your lungs.
- Yes No Most children who have asthma will not have asthma symptoms when they grow-up.
- Yes No If I only have symptoms once a day, my asthma is under control.
- Yes No It is important to stay calm and relaxed during an asthma episode.
- Yes No Belly breathing is something to do during an asthma episode.
- Yes No I shouldn't worry about my breathing until I get into my red zone.
- Yes No Most asthma episodes happen without any warning.
- Yes No After an asthma episode, my lungs are back to normal in a few days.
- Yes No For some children, coughing is the only asthma symptom.

What things may happen when your lungs won't let air through easily?

- a) Cough
- b) Wheeze
- c) Burp
- d) Have a hard time breathing
- e) All of the above
- f) None of the above

To exhale means:

- a) Breathe out
- b) Leave
- c) Breathe in

To inhale means:

- a) Breathe in
- b) Eat fast
- c) Breathe out

The part of the body that asthma hurts the most is:

- a) The head
- b) The lungs
- c) The stomach

Asthma makes the airways in the lungs:

- a) Get smaller
- b) Get larger
- c) No change

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ASTHMA AND YOU

- Yes No Is it best to keep your asthma a secret.
- Yes No Kids with asthma can run and play sports when they feel well.
- Yes No Can you do things to control your asthma?
- Yes No Can you catch asthma from someone else?
- Yes No Should children with asthma exercise?
- Yes No Asthma occurs more in some families than others.
- Yes No Can stress, or worrying a lot, make your asthma worse?
- Yes No It is okay to ask people around you not to smoke.
- Yes No It is best to avoid smoky places.
- Yes No Foods never trigger an asthma episode.
- Yes No Everyone has the same asthma triggers.
- Yes No I am uncomfortable when I have to take my asthma medication around others.
- Yes No I am embarrassed to talk about my asthma.
- Yes No Telling others about my asthma can make everyone feel better.

Kids with asthma can participate in activities if they:

- a) Take their medication
- b) Avoid their asthma triggers
- c) Follow their asthma plan
- d) All of the above

Who needs to know about your asthma?

- a) Your parents
- b) Your teachers
- c) Your coach or physical education teacher
- d) Your friends
- e) Your mailman

I should miss school because of my asthma:

- a) A lot
- b) Every Friday
- c) Once a month
- d) Once in a while
- e) Never

Cigarette smoke is harmful:

- a) Only if you are smoking
- b) To anyone who breathes the smoke
- c) Only if you are inside
- d) Only if cigarette smoke is one of your triggers

WHAT DO YOU KNOW ABOUT ASTHMA?

ASTHMA TOOLS

- Yes No Does a spacer help get the medication into your lungs?
- Yes No Can a peak flow meter tell you if your asthma is getting worse?
- Yes No Do all inhalers work the same way?
- Yes No Everyone with asthma should have a written emergency asthma action plan.

Which body positions are good when using your inhaler?

- a) Stand up
- b) Tilt your head forward, chin down
- c) Point your toes
- d) Breathe in
- e) Breathe out
- f) All of the above

When your asthma gets worse, it helps to:

- a) Cry
- b) Get mad
- c) Do belly-breathing

If your medication tastes bad:

- a) You should quit taking it
- b) It must be old or bad
- c) Ask if you can take a cracker or snack after you take it
- d) Rinse out your mouth

When you have an asthma attack, you should:

- a) Ignore the warning signs
- b) Take your medicine
- c) Rest and stay calm

You should take your controller medicine when:

- a) You are having an asthma episode
- b) Your feet itch
- c) Always, even if you are feeling good
- d) Your peak flow is in the red zone

You should take your reliever medicine when:

- a) You are having an asthma episode
- b) Your nose is runny
- c) Always, even if you are feeling good
- d) Your peak flow is in the red zone