

THE 30 SECOND ASTHMA QUIZ FOR KIDS

Okay, it's quiz time! Nervous? Don't be. This quiz is easy, cause it's all about you, so you already know the answers!

This quiz is going to help you figure out whether or not you're in control of your asthma.

After you finish the questions, your parents and doctor will let you know if your asthma is in the green zone. If not, you can go and learn what to do if you are losing control of your asthma. Of course, you don't want your asthma to get worse, but if it does, you need to know what to do.

So, how about it? Are you in control?

Choose the statement that best describes you:

- I am a child taking this test on my own.
- I am a child taking this test with my parent.
- I am a parent taking this test for my child.

Print off this page, and answer the questions with a pen or pencil. Then show your answers to your parents and doctor to check if your asthma is well controlled.

1. Did you use your blue puffer 4 or more times in the last 7 days?

- Yes No

2. Did you cough, wheeze or have a tight chest after playing sports or running around? (4 or more times in the last 7 days)

- Yes No

3. Did you wake up at night coughing or wheezing because of your asthma? (1 or more times in the last 7 days)

- Yes No

4. Did you ever have to stop playing because you had trouble breathing?(1 or more times in the last 7 days)

- Yes No

5. Did you miss school or regular activities because you felt sick from coughing or wheezing?(1 or more times in the last 30 days)

- Yes No