Home Visits Asthma Quiz

Parent’s Name______________________________ Date _____/_____/______
Child’s ID _____-_______

For each question, circle the one best answer.

1. Asthma is a disease of
   (a) The lungs
   (b) The throat
   (c) The tonsils

2. Coughing, wheezing, and throwing up are important
   (a) Side effects of asthma medicine
   (b) Asthma triggers
   (c) Asthma warning signs

3. Dust, cigarette smoke, and mildew are examples of:
   (a) Side effects from quick-relief medicines
   (b) Particles found in inhalers
   (c) Triggers that start asthma attacks

4. Peak Flow meter readings in the red zone means that you should:
   (a) Do nothing, everything is fine
   (b) Have your child take preventive medicine
   (c) Call your doctor now

5. The spacer is used with an inhaler:
   (a) To keep the inhaler clean
   (b) To prevent the inhaler from getting lost
   (c) To make using an inhaler easier and more efficient

6. If your child needs to take quick-relief medicine everyday to stop asthma attacks then you should:

(a) Keep giving the quick-relief medicine only
(b) Call your doctor and ask for a long-term control medicine
(c) Keep your child at home until the asthma attacks stop

7. Cromolyn (Intal), inhaled steroids (like Flovent and Azmacort), and leukotriene modifiers (like Singulair) are kinds of:

(a) Spacers
(b) Quick-relief medicine
(c) Long-term control medicines that prevent asthma attacks

8. The most important room in your house that should be “safe” from triggers for Your child with asthma is:

(a) The room where your child sleeps
(b) The room where your child bathes
(c) The room where your child’s eats

9. Which of the following household chores would you most likely give your child with asthma to do?

(a) Sweeping the floors.
(b) Dusting the furniture
(c) Taking out the trash
Asthma Quiz (continued)

10. What is the best thing to do when there is a problem among family members because of asthma?
   (a) Talk with everyone and decide what to do.
   (b) Put up with the problem
   (c) Find out who is causing the problem

11. Which of the following symptoms indicates that your child with asthma should stay home from school?
   (a) A sore throat
   (b) A stuffy nose but no wheezing
   (c) Wheezing or coughing that doesn’t go away after giving medicine

12. Which of the following is a good way to **prevent** asthma attacks in the home?
   (a) Stop smoking in the home
   (b) Spray the home for roaches
   (c) Hang lots of plants in the home

13. Which device is used to tell how well your child is breathing?
   (a) Inhaler
   (b) Spacer
   (c) Peak Flow Meter

14. The best way to insure that your child gets the right amount of asthma medicine is to:
   (a) Take preventive medicine when an asthma attack starts
   (b) Take quick relief medicine every day
   (c) Follow the child’s medicine plan every day

Asthma Quiz (continued)

15. In the morning and evening your child should blow into a peak flow meter three times. Which one of the three peak flow meter numbers should be recorded in your child’s diary?

   (a) The smallest number
   (b) The middle number
   (c) The largest number

16. If your child makes a mistake when taking his or her medicine you should:

   (a) Make your child practice over and over until he or she makes no mistakes
   (b) Praise your child for trying and show how to do it correctly
   (c) Scold your child for being careless and wasting medicine.

Any other comments or suggestions you have
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