Asthma Knowledge Quiz

Name _____________________________

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. 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 the inhaler easier and more efficient

5. If your child needs to take quick-relief medicine every day 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

6. Inhaled steroids (like Flovent and Azmacort) and leukotriene modifiers (like Singulair) are types of:
   a. Spacers
   b. Quick-relief medicine
   c. Long-term control medicines that prevent asthma attacks

7. 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
8. 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

9. 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

10. 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

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

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

13. If your child makes a mistake when taking his or her medicine, you should:
    a. Make your child practice over and over until her or she makes no mistakes
    b. Praise your child for trying, and show him or her how to do it correctly
    c. Scold your child for being careless and wasting medicine

Please use the space below to write down any comments or suggestions you may have: