

## 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

### Asthma Quiz (continued)

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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