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?

- Cough
- Wheeze
- Burp
- Have a hard time breathing
- All of the above
- None of the above

To exhale means:

- Breathe out
- Leave
- Breathe in

To inhale means:

- Breathe in
- Eat fast
- Breathe out

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

- The head
- The lungs
- The stomach

Asthma makes the airways in the lungs:

- Get smaller
- Get larger
- No change
WHAT DO YOU KNOW ABOUT ASTHMA?

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 is 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