

Parents:

Kids' Asthma Check

If you answered "yes" to one or more of the Asthma Check questions, asthma may be stopping your child from having fun, doing well in school and, in general, enjoying a good life quality. An allergist, a doctor who treats asthma, can help you learn how to take care of your child's breathing problems.

Take these steps now:

- Contact your child's doctor to discuss the Asthma Check and your child's breathing problems.
- If your child has asthma, continue asthma treatment until you've seen your child's doctor.
- If your child has an allergist, schedule an appointment as soon as possible. Bring the Asthma Check and discuss it with the doctor.

The Kids' Asthma Check has been developed by the American College of Allergy, Asthma and Immunology.

Log on to the ACAAI's home page at www.acaai.org

for more information about the diagnosis and treatment of asthma.

ACAAI American College
of Allergy, Asthma
& Immunology
Follow the Leader Into the Future

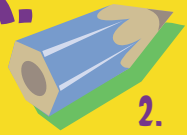
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Don't let
asthma
take
their
breath
away



Kids' Asthma Check:

For Ages 1-8



Sometimes asthma can take a child's breath away. It also can make it hard to concentrate and do well in school, or even difficult to get a good night of sleep without waking up and coughing. If you've been told your child has asthma, or if your child has trouble breathing when running or playing hard, take this simple Kids' Asthma Check. Just pick up a pencil or pen and answer yes or no to these questions. Then look on the back to see how you can make sure that asthma doesn't take their breath away.

1. When walking or playing hard with friends, my child has trouble breathing or coughs. Yes No
 2. When walking up hills or stairs, my child has trouble breathing or coughs. Yes No
 3. When running or playing sports, my child has trouble breathing or coughs. Yes No
 4. Sometimes my child wakes up at night with coughing or trouble breathing. Yes No
 5. Sometimes my child has trouble taking a deep breath. Yes No
 6. Sometimes my child makes wheezing sounds. Yes No
 7. Sometimes my child complains of pain or tightness in the chest. Yes No
 8. Sometimes my child coughs a lot. Yes No
 9. Being outdoors or around dust or pets makes my child's breathing worse. Yes No
 10. It's hard for my child to breathe in cold weather. Yes No
 11. It's hard for my child to breathe when people smoke or there are strong odors. Yes No
 12. Colds make my child cough or wheeze. Yes No
 13. My child went to the doctor's office or emergency room for asthma or trouble breathing this year. Yes No
 14. My child stayed in the hospital overnight for asthma or trouble breathing this year. Yes No
 15. I've been told that my child has asthma. Yes No
- If you answered "no" to number 15, you have completed the Asthma Check. If you answered "yes," please answer questions 16-21.
16. My child uses an asthma inhaler two or more times a week. Yes No
 17. Sometimes asthma medicine makes my child feel bad. Yes No
 18. My child only takes medicine when not feeling well. Yes No
 19. My child can't do some things because of asthma. Yes No
 20. My child gets scared because of asthma. Yes No
 21. I worry that asthma affects my child's health or that my child may die from asthma. Yes No