

Kids:

Kids' Asthma Check

If you answered "yes" to one or more of the Asthma Check questions, you may be letting asthma stop you from having fun, doing well in school and feeling good. An allergist, a doctor who treats asthma, can help you learn how to take care of your breathing problems.

Take these steps now:

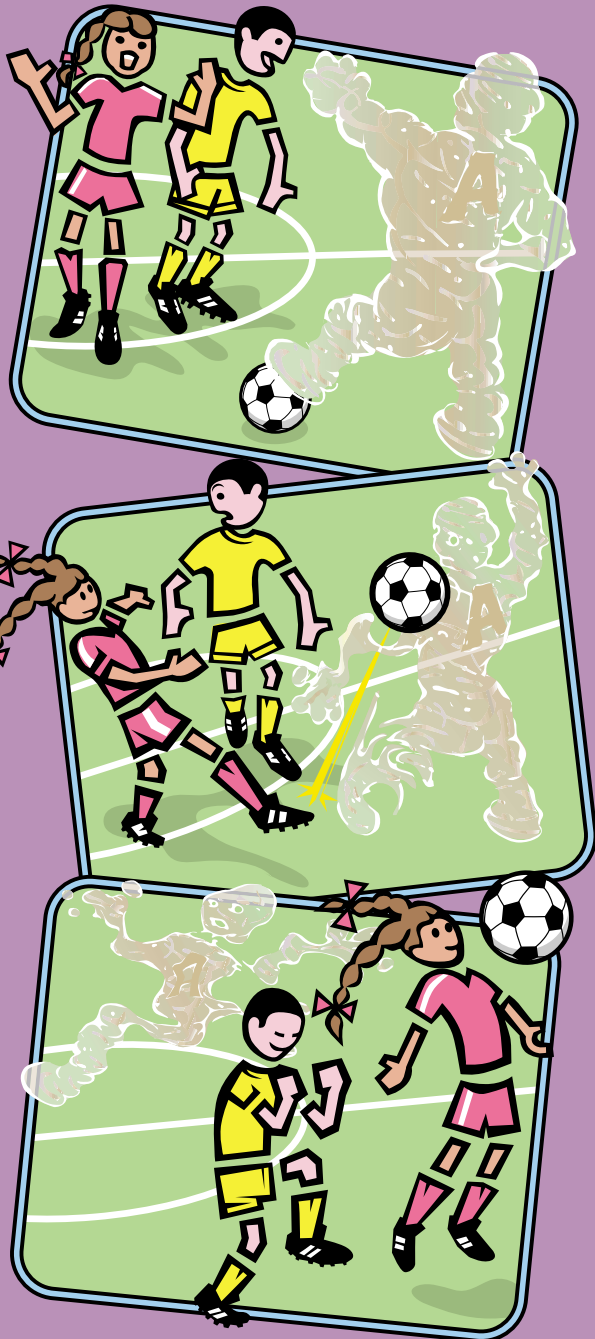
- Show a parent the Asthma Check and suggest contacting your doctor to discuss your breathing problems.
- If you have asthma, continue your asthma treatment until you've seen your doctor.
- If you have an allergist, ask a parent to schedule an appointment for you as soon as possible. Bring the Asthma Check and discuss it with your 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.

Don't let
asthma
take
your
FUN
away



Kids' Asthma Check:

For Ages 8-14



Sometimes asthma stops kids from having fun. It also can make it hard to do well in school, or even difficult to sleep without waking up and coughing. If you've been told you have asthma, or if you have trouble breathing when you run or play hard, take this simple 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 your fun away.

1. When I walk or play hard with friends, I have trouble breathing or I cough. Yes No
 2. When I walk up hills or stairs, I have trouble breathing or I cough. Yes No
 3. I don't like to run or play sports because I have trouble breathing or I cough. Yes No
 4. Sometimes I wake up at night with coughing or trouble breathing. Yes No
 5. Sometimes I have trouble taking a deep breath. Yes No
 6. Sometimes I make wheezing sounds in my chest. Yes No
 7. Sometimes my chest feels tight or hurts. Yes No
 8. Sometimes I cough a lot. Yes No
 9. Being outdoors or around dust or pets makes my breathing worse. Yes No
 10. It's hard to breathe in cold weather. Yes No
 11. It's hard to breathe when people smoke or there are strong odors. Yes No
 12. Colds make me cough or wheeze. Yes No
 13. I went to the doctor's office or emergency room for asthma or trouble breathing this year. Yes No
 14. I stayed in the hospital overnight for asthma or trouble breathing this year. Yes No
 15. I've been told that I have 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. I use my asthma inhaler two or more times a week. Yes No
 17. Sometimes my asthma medicine makes me feel bad. Yes No
 18. I only take medicine when I don't feel well. Yes No
 19. I can't do some things because of my asthma. Yes No
 20. I get scared because of my asthma. Yes No
 21. I worry that I may die from my asthma. Yes No