

## Is My Child's Asthma In Good Control?

Sometimes it's easy to get lulled into thinking your child's asthma is under control when in fact the opposite may be true. Check out this quiz below. If you answer yes to any of the questions, you should talk to your child's doctor about additional steps for asthma management.

1. Does your child use his/her quick relief inhaler more than 2 times per week? (This does not include the times your child uses a quick relief inhaler before P.E. class or outside play.)
2. In the past 2 weeks, has your child had coughing, wheezing, or shortness of breath or tightness in the chest during:
  - the day?
  - the night?
  - exercise/play?
3. Has your child missed school because of asthma in the past month?
4. During the past month, have you needed to seek urgent care for your child's asthma at an emergency room, clinic, or hospital?
5. Does your child's asthma keep her/him from doing sports or other activities that she/he enjoys?

Any "yes" answers should be reviewed with your child's doctor.

### Asthma Basics:

- Follow the Asthma Action Plan developed by you and your child's doctor.
- Avoid your child's triggers (such as dust, pollen, mold, etc.)
- Know when and how to use the medicines, use them consistently.
- Watch for early signs of an asthma episode.
- Have your child's medicines handy always.

This information is provided to you by the Regional Community Asthma Network of the Finger Lakes who wants you to know that children with asthma should expect to lead a normal life and participate in most any activity they are interested in. Control just takes a few minutes of care each and every day.