

## Asthma and Allergies Health Observance Package

### Asthma Quiz

Answer the following questions on asthma as well as you can given existing knowledge (**circle the correct answer**). The answers will be provided in a discussion following the "quiz."

1. Asthma is a common disease among children.  
TRUE/FALSE
2. It is much less common for people to die from asthma now than it was twenty years ago.  
TRUE/FALSE
3. Asthma cannot be triggered by changes in the weather, exercise or stress.  
TRUE/FALSE
4. A person can catch asthma from someone else.  
TRUE/FALSE
5. Two things that families can change in the home to reduce asthma attacks are:
6. Asthma is a chronic lung disease -- it cannot be cured but it can be controlled.  
TRUE/FALSE
7. The American Lung Association estimates that 1 million children in the United States suffered from asthma attacks last year.  
TRUE/FALSE
8. Some young children "grow out" of their childhood asthma.  
TRUE/FALSE
9. Over-the-counter asthma medications are OK for managing asthma.  
TRUE/FALSE
10. Hospitalization rates for asthma among African-American children are higher than for those who are white or Hispanic.  
TRUE/FALSE
11. Many more kids have symptoms of asthma than have been diagnosed as having asthma by a doctor.  
TRUE/FALSE
12. Tucson is a great place to live if you have asthma because it is so dry.  
TRUE/FALSE
13. Three triggers that may cause or worsen asthma are: