



## Quiz Answer Key

1. Anything that causes an asthma flare-up is called:
  - a) an allergen
  - b) dander
  - c) a trigger
  - d) an obstruction
2. Asthma medicine is often taken through an inhaler.
3. If a person with asthma has a flare-up, he or she needs to take quick-relief medicines (also called rescue or fast-acting medicines) as soon as possible.
4. True or false: It can be hard to breathe during an asthma flare-up because the airways get swollen and narrower, and the airways can get clogged with mucus.
5. True or false: Kids with asthma can't play sports.