



Quiz Answer Key

1. When people have asthma, their airways can be overly sensitive to:

- a. exercise
- b. dust
- c. cigarette smoke
- d. all of the above

2. A person having an asthma flare-up:

- a. may cough, wheeze, and be short of breath
- b. can't get any air into the lungs
- c. can stop the flare-up by avoiding triggers
- d. often continues to have symptoms after it is over

True or false:

3. Smells from perfumes, cosmetics, cleaning solutions, paint, and gasoline can trigger asthma symptoms. T F

4. Exercise-induced asthma usually means the end of participating in sports. T F

5. Weather can trigger asthma symptoms. T F

6. Asthma can cause respiratory tract infections. T F

7. Laughing and crying can sometimes trigger an asthma flare-up. T F

8. Asthma is treated in two ways:

- a. with antihistamines and air purifiers
- b. by building resistance to triggers and keeping the house clean
- c. by avoiding potential triggers and with medication
- d. with a nebulizer or drugs

9. People with asthma might need two kinds of medications:

- a. nasal decongestants to minimize mucus and antihistamines to control allergic reactions
- b. quick-relief (fast-acting) medications to stop symptoms and long-term medications to prevent symptoms
- c. pills and liquids
- d. expectorants for coughing and antihistamines for allergies

10. It's very important to monitor asthma and prevent flare-ups. An asthma journal and peak flow meter can help.

A peak flow meter:

- a. measures oxygen levels during an asthma flare-up
- b. helps people measure their asthma medications
- c. should not be used when a person is having symptoms
- d. uses green, yellow, and red color-coded readings to tell people if their asthma is under control