



Name: _____

Date: _____

Quiz

Instructions: Answer each question.

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