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