



ASTHMA QUIZ FOR KIDZ



1. Did you cough, wheeze, or have a hard time breathing 4 or more days out of the last 7 days?

Yes No



2. Did you wake up at night because you were coughing, or wheezing, or having a hard time breathing 1 or more times in the last 7 days?

Yes No



3. Did you use your blue puffer or pump 4 or more times in the last 7 days?

Yes No



4. In the last 7 days, did you do less exercise or sports because it was making you cough, wheeze, or you were having a hard time breathing?

Yes No



5. In the last 30 days, did you miss school or regular activities because you were coughing, wheezing, or having a hard time breathing?

Yes No



6. In the last 30 days, did you go to a clinic or a hospital without an appointment because you were coughing, wheezing, or having a hard time breathing?

Yes No

How many YES balls did you let in?



If you let in 2 or more YES balls, your asthma is not well controlled. Talk to your mom and dad about seeing a doctor. Let your doctor be your asthma coach!



RÉSEAU QUÉBÉCOIS
DE L'ASTHME
ET DE LA M.P.O.C.