



Is your Asthma "controlled"?

Take the 30 second Asthma Control Test

1. In the past 4 weeks, how much of the time did your asthma keep you from getting as much done at work, school or at home?

- None of the time
- A little of the time

- Some of the time
- Most of the time
- All of the time

2. During the past 4 weeks, how often have you had shortness of breath?

- Not at all
- Once or twice a week

- 3 to 6 times a week
- once a day
- more than once a day

3. During the past 4 weeks, how often did your asthma Symptoms (wheezing, coughing, shortness of breathe, chest tightness or pain) wake you up at night or earlier than usual in the morning?

- Not at all
- Once or twice

- Once a week
- 2 to 3 nights a week
- 4 or more nights a week

4. During the past 4 weeks, how often have you used your rescue inhaler or nebulizer medication (such as albuterol, Ventolin, Proventil, Maxair or Primatene Mist)?

- Not at all
- Once a week or less

- 2 or 3 times a week
- 1 or 2 times per day
- 3 or more times per day

5. How would you rate your asthma control during the past 4 weeks?

- Completely controlled
- Well controlled

- Somewhat controlled
- Poorly controlled
- Not controlled at all

If you checked any boxes in the shaded area, your child's asthma may not be well controlled. Be sure to talk to your healthcare professional about your child's asthma treatment plan.



Developed by: ASTHMA ACTION AMERICA
(www.AsthmaActionAmerica.org)

For More information call:

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