

IS YOUR CHILD'S ASTHMA UNDER CONTROL?



ANSWER THESE 4 QUESTIONS TO FIND OUT.

DOES YOUR CHILD:

1. Have an asthma control test (ACT) score of less than 20?* YES NO
2. Cough or wheeze more than two times per week? YES NO
3. Wake up at night due to coughing more than two times per month? YES NO
4. Stop playing or exercising due to asthma? YES NO

If you answered **YES** to any of these questions, your child's asthma may not be under control. Understand the signs and follow these tips to better manage asthma.

*ACT online test: asthma.com/additional-resources/childhood-asthma-control-test.html

SIGNS OF WELL CONTROLLED ASTHMA

- Sleeping well at night without coughing
- Running, playing sports, active in school activities
- Not missing school due to asthma
- Using your rescue inhaler less than 2 times per week for asthma symptoms
- Parents not missing work due to child's asthma
- No hospitalizations for asthma
- No emergency room visits for asthma
- Having an asthma action plan

TIPS TO KEEP YOUR ASTHMA WELL CONTROLLED

- Follow your asthma action plan and share it with your school/daycare every year
- Do not allow smoking in your home or car
- See your asthma nurse practitioner/doctor every 6 months
- Get a flu shot every year
- Refill your controller medicine every month
- Learn how to recognize asthma symptoms, what triggers your asthma and what to do during an asthma flare up

Learn more at ChildrensMN.org/asthma