

# 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](http://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](http://ChildrensMN.org/asthma)