



Fighting for Air through research,  
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## Asthma Trivia Questions

1. True or False: Asthma is the most common chronic childhood disease.
2. Of the 7.1 million children suffering from asthma, how many had an asthma episode in 2013?
  - a. 20%
  - b. 30%
  - c. 40%
  - d. 50%
3. When having an asthma episode, which of the following are happening in the airway?
  - a. Swelling of the lining
  - b. Tightening of the muscle
  - c. Mucus production
  - d. All of the above
4. Asthma triggers are irritants or allergens that can cause asthma symptoms to get worse. Which one of these is not an asthma trigger?
  - a. Sleeping
  - b. Excitement or stress
  - c. Cigarette smoke
  - d. Outdoor pollution
5. What is a microscopic pest that likes to live in mattresses, pillows and stuffed animals that is an asthma trigger?
  - a. Cockroach
  - b. Mice
  - c. Dust mite
  - d. Spider
6. Which of these outdoor allergens can be asthma triggers?

- a. flowers
  - b. trees
  - c. grass
  - d. mold
  - e. all of the above
7. True or False: Secondhand smoke can cause serious harm to children both with or without asthma.
8. True or False: Asthma is the 3<sup>rd</sup> leading cause of hospitalization among children under the age of 15.
9. True or False: Children with asthma should not exercise if it is a trigger.
10. What average percent of children in the United States has asthma?
- a. 5%
  - b. 7%
  - c. 10%
  - d. 15%
11. True or False: Asthma is one of the leading causes for missed days of school.
12. True or False: Asthma is no long a life-threatening disease.
13. What type of medication should someone with moderate to severe asthma take every day?
- a. Reliever
  - b. Controller
  - c. Rescue
  - d. Emergency inhaler
14. When should someone with asthma take their rescue inhaler?
15. How much does asthma cost the United States in direct health care costs each year?
- a. \$10 billion
  - b. \$20 billion
  - c. \$30 billion
  - d. \$50 billion

5. D	10. C	15. D
4. A	9. False	14. When they are experiencing increase symptoms
3. D	8. True	13. B
2. C	7. True	12. False
1. True	6. E	11. True
<b>Answers</b>		