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 3rd 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