

Center:
Staff:

Care For Their Air:
Region IV Asthma Resource Toolkit
for Head Start and Child Care Learning Settings

PRE-TEST

1. What is asthma?
- a) contagious lung infection that makes you sick
 - b) common breathing problem that causes the airways of the lungs to tighten
 - c) disease that occurs when you cough and sneeze too much

2. True or False (Circle)
There is a cure for asthma

3. Name one asthma trigger _____

4. True or False (Circle)
Cockroaches can be an asthma trigger

5. Identify common indoor and outdoor triggers for asthma. Select all that apply.

Cold weather Tobacco Smoke Perfumes
 Pollen Pet dander Mold
 Dust/Dust mites Gas from indoor fuel burning appliances

6. Select 4 common symptoms of asthma.

Coughing Shortness of Breath Vomiting
 Wheezing Diarrhea Chest Tightness

What would you do if a child had an asthma attack?

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POST-TEST

1. What is asthma?
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 - b) common breathing problem that causes the airways of the lungs to tighten
 - c) disease that occurs when you cough and sneeze too much

2. True or False (Circle)
There is a cure for asthma

3. Name one asthma trigger _____

4. True or False (Circle)
Cockroaches can be an asthma trigger

5. Identify common indoor and outdoor triggers for asthma. Select all that apply.

- | | | |
|--|--|-----------------------------------|
| <input type="checkbox"/> Cold weather | <input type="checkbox"/> Tobacco Smoke | <input type="checkbox"/> Perfumes |
| <input type="checkbox"/> Pollen | <input type="checkbox"/> Pet dander | <input type="checkbox"/> Mold |
| <input type="checkbox"/> Dust/Dust mites | <input type="checkbox"/> Gas from indoor fuel burning appliances | |

6. Select 4 common symptoms of asthma.

- | | | |
|-----------------------------------|--|--|
| <input type="checkbox"/> Coughing | <input type="checkbox"/> Shortness of Breath | <input type="checkbox"/> Vomiting |
| <input type="checkbox"/> Wheezing | <input type="checkbox"/> Diarrhea | <input type="checkbox"/> Chest Tightness |

What would you do if a child had an asthma attack?
