

Asthma Resource Toolkit
for Head Start and Child Care Learning Settings
PRE-TEST Assessment

Center: _____

Staff: _____

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. There is a cure for asthma.

- True
- False

3. Name one asthma trigger _____

3. Cockroaches can be an asthma trigger.

- True
- False

4. 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

5. 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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