

KID'S ASTHMA CHECK

Yes No

1. When I walk or play hard with friends, I have trouble breathing or I cough.
2. When I walk up hills or stairs, I have trouble breathing or I cough.
3. I don't like to run or play sports because I have trouble breathing or I cough.
4. Sometimes I have trouble taking a deep breath.
5. Sometimes I wake up at night coughing or trouble breathing.
6. Sometimes I make wheezing sounds in my chest.
7. Sometimes my chest hurts or feels tight.
8. Sometimes I cough a lot.
9. Being outdoors or around dust or pets makes my breathing worse.
10. Its hard to breath in cold weather.
11. I went to the doctor's office or emergency room for asthma this year.
12. I stayed in hospital overnight for asthma this year.
13. Sometimes my asthma medicine makes me feel bad.
14. I only take medicine when I don't feel well.

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Asthma and Allergy
 Foundation of America®

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