## Childhood Asthma Control Test for children 4 to 11 years old.

### Know the score.

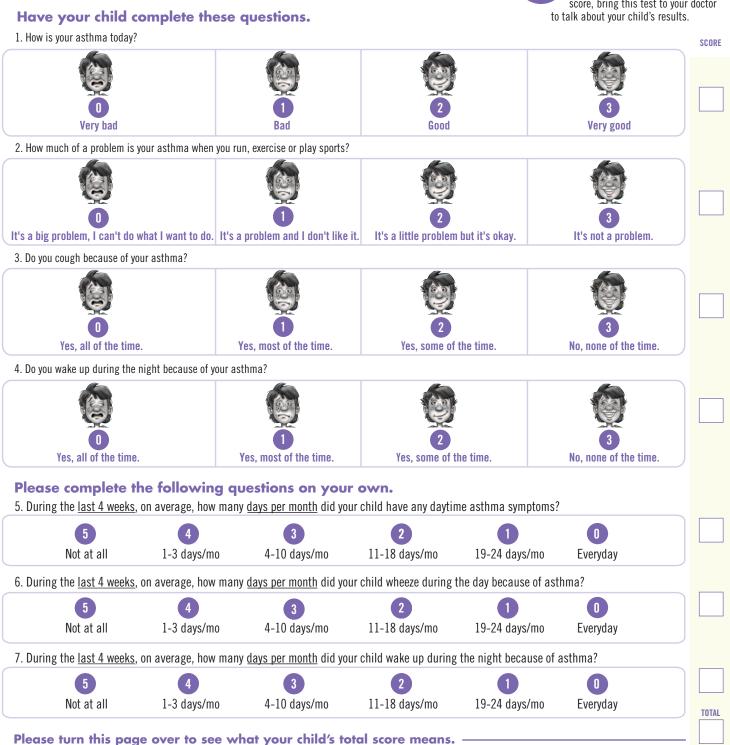
This test will provide a score that may help your doctor determine if your child's asthma treatment plan is working or if it might be time for a change.

#### **How to take the Childhood Asthma Control Test**

- Step 1 Let your child respond to the first four questions (1 to 4). If your child needs help reading or understanding the question, you may help, but let your child select the response. Complete the remaining three questions (5 to 7) on your own and without letting your child's response influence your answers. There are no right or wrong answers.
- Step 2 Write the number of each answer in the score box provided.
- Step 3 Add up each score box for the total.
- Step 4 Take the test to the doctor to talk about your child's total score.

If your child's score is 19 or less, it may be a sign that your child's asthma is not controlled as well as it could be. No matter what the score, bring this test to your doctor talk about your shild's rocults.

or less



# Asthma Control Test™ for teens 12 years and older. Know the score.

### If your teen is 12 years or older have him take the test now and discuss the results with your doctor

- Step 1 Write the number of each answer in the score box provided.
- Step 2 Add up each score box for the total.
- Step 3 Take the test to the doctor to talk about your child's total score.

All of the time		Most of the time	2 Some of the time	3 A little of the time	4 None of the time	5	
<b>2.</b> During the p	ast <b>4 week</b>	s, how often	have you had shortness	of breath?			
More than once a day	1	Once a day	2 3 to 6 times a week	3 Once or twice a week	4 Not at all	5	
			did your <b>asthma</b> sympto ier than usual in the mo	oms (wheezing, coughing, orning?	shortness of breath, c	hest tightness,	
4 or more nights a week	1	2 or 3 nights a week	2 Once a week	3 Once or twice	4 Not at all	5	
	_						
	ast <b>4 week</b>	,		cue inhaler or nebulizer me		uterol)?	
4. During the p 3 or more times per day	1	s, how often 1 or 2 times per day	have you used your resc 2 or 3 times per week	eue inhaler or nebulizer me Once a week or less	dication (such as albo	uterol)?	
3 or more times per day	1	1 or 2 times per day	2 or 3 times	Once a week or less	Not	uterol)?	
3 or more times per day	1 ou rate you	1 or 2 times per day	2 or 3 times per week	Once a week or less	Not	uterol)?	

### What does it mean if my child scores 19 or less?

- If your child's score is 19 or less, it may be a sign that your child's asthma is not under control.
- Make an appointment to discuss your child's asthma score with their doctor. Ask if you should change your child's asthma treatment plan.
- Ask your child's doctor about daily long-term medications that can help control airway inflammation and constriction, the two main causes of asthma symptoms. Many children may need to treat both of these on a daily basis for the best asthma control.