



Module 6 – Participant Independent Exercise #4 - **Asthma Quiz**

Directions: Using Exercise #6 and your knowledge of asthma, complete the quiz. This will not be graded. It is for your personal use.

Question #1:

Asthma is an emotional or psychological illness.

- True
 False

Question #2:

All people with allergies have asthma.

- True
 False

Question #3:

A number of Olympic medalists have asthma.

- True
 False

Question #4:

Asthma can be cured.

- True
 False

Question #5:

Children outgrow asthma.

- True
 False

Question #6:

On average, how many microscopic dust mites are in a double-sized bed?

- 200
 200,000
 2,000,000

Question #7:

Some dog breeds, such as Chihuahuas, are better for people with asthma and allergies.

- True
 False

Question #8:

All pet allergens will be cleared from a room once a pet is removed.

- True
 False

Question #9:

Secondhand smoke may cause the development of asthma in pre-school children.

- True
 False

Question #10:

People with asthma should avoid all known asthma triggers.

- True
 False

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<http://www.epa.gov/iaq/asthma/quiz/>



Take the Asthma Quiz! ANSWER KEY

Question #1:

Asthma is an emotional or psychological illness.

True

False—Asthma is not an emotional or psychological disease, although strong emotions can sometimes make asthma worse.

False

Question #2:

All people with allergies have asthma.

True

False—Allergies are one of the factors that can trigger asthma attacks. Not all asthmatics are allergic and there are many people who are allergic but do not have asthma.

False

Question #3:

A number of Olympic medalists have asthma.

True

True—Exercise is good for most people—with or without asthma. When asthma is under good control, people with asthma are able to play most sports and live active lives. For people whose asthma is brought on by exercise, medicines can be taken before exercising to help avoid an episode.

False

Question #4:

Asthma can be cured.

False—There is no cure for asthma. However, people can control or manage their asthma by:

- Working with a physician or other health care provider to develop an individualized asthma management plan
- Learning to notice early signs of an asthma episode and to start treatment
- Avoiding things that can cause asthma episodes
- Knowing when to get medical help for a severe episode

True

False

Question #5:

Children outgrow asthma.

True

False—Asthma is a chronic state of hyper-responsiveness. Some children have asthma symptoms that clear during adolescence while others worsen, but the tendency to overly sensitive airways remains.

False



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Question #6:

On average, how many microscopic dust mites are in a double-sized bed?

- 200
 200,000
 2,000,000

2 Million—A double bed mattress can easily harbor 2 million dust mites, with each mite producing 10 to 20 waste particles (feces) a day.

Question #7:

Some dog breeds, such as Chihuahuas, are better for people with asthma and allergies.

- True
 False

False—It is the protein found in the pet's saliva, dander, hair, and urine that causes allergies in some individuals. ALL pets with fur or feathers have dander, saliva and urine, and there are no particular breeds which are better for people with asthma and allergies. Pets without fur or feathers, such as fish, may be better for people with asthma who are allergic to cats and dogs.

Question #8:

All pet allergens will be cleared from a room once a pet is removed.

- True
 False

False—After a pet is removed, pet allergens can remain for up to several months. To remove pet allergens, clean all walls, floors, and other surfaces thoroughly.

Question #9:

Secondhand smoke may cause the development of asthma in pre-school children.

- True
 False

True—According to the National Academy of Sciences study, released in January 2000, evidence suggests that secondhand smoke may be a cause of asthma in pre-school children.

Question #10:

People with asthma should avoid all known asthma triggers.

- True
 False

False—Given the wide range of asthma triggers, it can be extremely difficult or costly to avoid all known asthma triggers. It is important to identify which are your asthma triggers and seek to reduce your exposure to your triggers. Talk to your doctor about identifying your asthma triggers and keep a journal to help you track the activities which may trigger your asthma episodes.

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