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

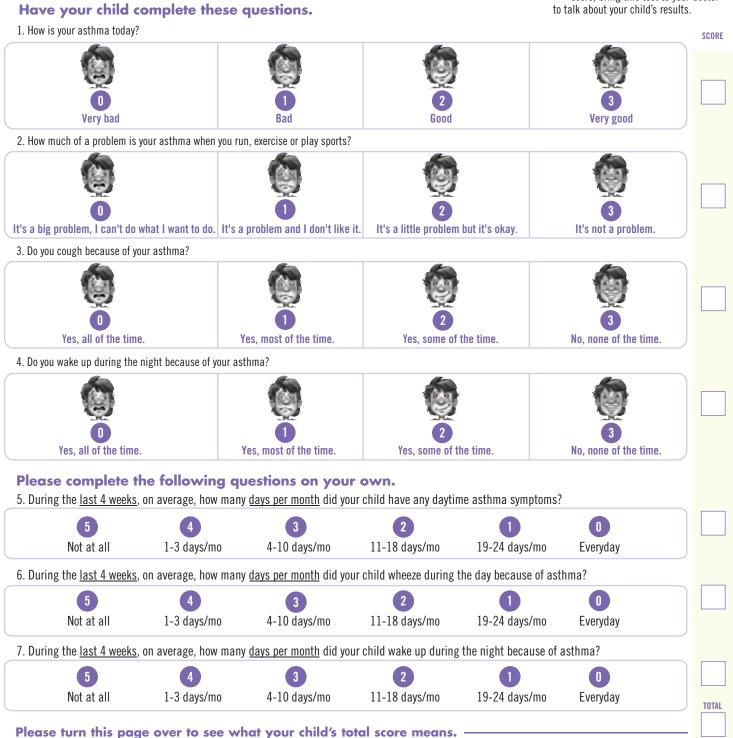
- Step 1 Let your child respond to the first four questions (1 to 4). If your child needs help reading or understanding the question, you may help, but let your child select the response. Complete the remaining three questions (5 to 7) on your own and without letting your child's response influence your 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.

MM-34614 Individual Care Mgt- Childhood ACT

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 results.

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	1	Most of the time	2 Some of the time	3 A little of the time	None of the time	5	
2 . During the p	ast 4 week	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	Once or twice a week	4 Not at all	5	
			did your asthma sympto ier than usual in the mo	oms (wheezing, coughing, orning?	shortness of breath,	chest tightness,	
4 or more nights a weel	1	2 or 3 nights a week	2 Once a week	3 Once or twice	4 Not at all	5	
	oast 4 week			ue inhaler or nebulizer me		outerol)?	
4. During the page 3 or more times per day		s, how often 1 or 2 times per day	have you used your resc	ue inhaler or nebulizer me Once a week or less	dication (such as alt	outerol)?	
3 or more times per day	1	1 or 2 times per day	2 or 3 times	Once a week or less	Not	outerol)?	
3 or more times per day	ou rate you	1 or 2 times per day	2 or 3 times per week	Once a week or less	Not	5	

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.