

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

## Know the score.

Here are two asthma tests: one for children 4 to 11 years old on this page and one for teens 12 years and older on the back. They 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.

**19**  
or less





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. Bring this test to your doctor to talk about your results.

## Have your child complete these questions.





1. How is your asthma today?

 0 Very bad	 1 Bad	 2 Good	 3 Very good	SCORE <input type="text"/>
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2. How much of a problem is your asthma when you run, exercise or play sports?

 0 It's a big problem, I can't do what I want to do.	 1 It's a problem and I don't like it.	 2 It's a little problem but it's okay.	 3 It's not a problem.	<input type="text"/>
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3. Do you cough because of your asthma?







 0 Yes, all of the time.	 1 Yes, most of the time.	 2 Yes, some of the time.	 3 No, none of the time.	<input type="text"/>
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4. Do you wake up during the night because of your asthma?







 0 Yes, all of the time.	 1 Yes, most of the time.	 2 Yes, some of the time.	 3 No, none of the time.	<input type="text"/>
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## Please complete the following questions on your own.







5. During the last 4 weeks, on average, how many days per month did your child have any daytime asthma symptoms?

 5 Not at all	 4 1-3 days/mo	 3 4-10 days/mo	 2 11-18 days/mo	 1 19-24 days/mo	 0 Everyday	<input type="text"/>
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6. During the last 4 weeks, on average, how many days per month did your child wheeze during the day because of asthma?

 5 Not at all	 4 1-3 days/mo	 3 4-10 days/mo	 2 11-18 days/mo	 1 19-24 days/mo	 0 Everyday	<input type="text"/>
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7. During the last 4 weeks, on average, how many days per month did your child wake up during the night because of asthma?

 5 Not at all	 4 1-3 days/mo	 3 4-10 days/mo	 2 11-18 days/mo	 1 19-24 days/mo	 0 Everyday	<input type="text"/>
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Please turn this page over to see what your child's total score means.

TOTAL

# 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 your total.

Step 3: Take the test to your doctor to talk about your child's total score.

1. In the past 4 weeks, how much of the time did your asthma keep you from getting as much done at work, school or at home?

All of the time	1	Most of the time	2	Some of the time	3	A little of the time	4	None of the time	5
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SCORE

2. During the past 4 weeks, 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
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3. During the past 4 weeks, how often did your asthma symptoms (wheezing, coughing, shortness of breath, chest tightness, or pain) wake you up at night or earlier than usual in the morning?

4 or more nights a week	1	2 or 3 nights a week	2	Once a week	3	Once a month	4	Not at all	5
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4. During the past 4 weeks, how often have you used your rescue inhaler or nebulizer medication (such as albuterol)?

3 or more times per day	1	1 or 2 times per day	2	2 or 3 times per week	3	Once a week or less	4	Not at all	5
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5. How would you rate your asthma control during the past 4 weeks?

Not controlled at all	1	Poorly controlled	2	Somewhat controlled	3	Well controlled	4	Completely controlled	5
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Total



The American Lung Association supports the Asthma Control Test and does not endorse products.

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## What does my child's score mean?

- If your child's score is 19 or less, it may be a sign that your child's or teen's asthma is not controlled as well as it could be.
- If your child's score is 20 or more, your child's asthma may be under control. There are other factors that your child's doctor may consider when assessing your child's asthma control.
- Make an appointment to discuss your child's or teen's asthma score with their doctor. Ask if your child's or teen's asthma treatment plan should be changed.
- Ask your child's or teen's doctor about daily long-term medications that can help control airway constriction and inflammation, 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.

## Help your child breathe easier\* for free.

Your child or teen can try ADVAIR® for free. To find out how you can receive a FREE 30-day supply of ADVAIR<sup>®</sup>, visit [www.advair.com/kids](http://www.advair.com/kids) or call 1-800-987-4800. Please contact us as soon as possible. It can mean more symptom-free\* days for your child or teen. And that means more worry-free days for you.

### Important information about ADVAIR.

ADVAIR won't replace fast-acting inhalers for sudden symptoms and should not be taken more than twice a day. Rare but serious asthma episodes and asthma-related fatalities occurred in a study with SEREVENT®, one of the components of ADVAIR. While adjusting to a switch from an oral steroid, like prednisone, to the inhaled corticosteroid in ADVAIR, be very careful, as your child may be less able to heal after surgery, infection, or serious injury. Tell your child's doctor if your child has a heart condition or high blood pressure. Some children may experience increased blood pressure, heart rate, or changes in heart rhythm. Inhaled corticosteroids as well as poorly controlled asthma may cause a reduction in growth rate. The long-term effect on final adult height is unknown. See your child's doctor if your child's asthma does not improve. ADVAIR is for patients 4 years and older. For patients 4 to 11 years old, ADVAIR 100/50 is for those who have asthma symptoms while on an inhaled corticosteroid.

\*ADVAIR has been proven to provide more days without symptoms and improved lung function. These results were experienced by people 12 years and older taking ADVAIR 100/50 compared with people taking either fluticasone propionate 100 mcg or salmeterol 50 mcg (inhalation powder) alone. The use of ADVAIR 100/50 in children 4 to 11 years old is based in part on results of a study in people 12 years and older and safety data in children 4 to 11 years old. Your results may vary.

†For first-time users only. ADVAIR is only available by prescription. Restrictions apply. See [www.advair.com](http://www.advair.com) for complete eligibility rules.

Please see accompanying complete Prescribing Information for ADVAIR DISKUS to obtain important information.



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