



RESOURCES

There's a lot to learn about asthma—let us help you find your way to the information you need.

Asthma Control Test™

Your answers to this 5-question quiz will provide you a score that may help you and your doctor determine if your treatment plan is working or if it might be time for a change.

If your child is between the ages of 4 and 11 years, please use the [Childhood Asthma Control Test](#).

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?

<input type="radio"/> All of the time	<input type="radio"/> Most of the time	<input type="radio"/> Some of the time	<input type="radio"/> A little of the time	<input type="radio"/> None of the time	<input type="checkbox"/>
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2. During the past **4 weeks**, how often have you had shortness of breath?

<input type="radio"/> More than once a day	<input type="radio"/> Once a day	<input type="radio"/> 3 to 6 times a week	<input type="radio"/> Once or twice a week	<input type="radio"/> Not at all	<input type="checkbox"/>
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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?

<input type="radio"/> 4 or more nights a week	<input type="radio"/> 2 or 3 nights a week	<input type="radio"/> Once a week	<input type="radio"/> Once or twice	<input type="radio"/> Not at all	<input type="checkbox"/>
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4. During the past **4 weeks**, how often have you used your rescue inhaler or nebulizer medication (such as albuterol)?

<input type="radio"/> 3 or more times per day	<input type="radio"/> 1 or 2 times per day	<input type="radio"/> 2 or 3 times per week	<input type="radio"/> Once a week or less	<input type="radio"/> Not at all	<input type="checkbox"/>
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5. How would you rate your **asthma** control during the **past 4 weeks**?

<input type="radio"/> Not controlled at all	<input type="radio"/> Poorly controlled	<input type="radio"/> Somewhat controlled	<input type="radio"/> Well controlled	<input type="radio"/> Completely controlled	<input type="checkbox"/>
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