

Take the Asthma Control Test™ now to help you better control your asthma

The American Lung Association recommends **everyone 12 years of age or older** with asthma take the Asthma Control Test, no matter how well controlled you think your asthma is.

Your answers to this 5-question quiz will provide you a score that may help you and your doctor discuss your treatment plan.

How to take the Asthma Control Test

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 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	SCORE	<input type="text"/>
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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	<input type="text"/>
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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 or twice	4	Not at all	5	<input type="text"/>
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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	<input type="text"/>
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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	<input type="text"/>
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The American Lung Association supports the Asthma Control Test™ and does not endorse products.

TOTAL

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expect
more

When your asthma is controlled, you should expect to be **MORE** active and have **LESS** symptoms



What does my
score
mean?

19
or less

- If your score is 19 or less, your asthma may not be controlled as well as it could be.
- Discuss your Asthma Control Test score with your doctor.
- Ask your doctor about daily long-term medications that can help control airway constriction and inflammation, the two main components of asthma. Many people need to treat both of these components of asthma on a daily basis for the best asthma control.

20
or more

- If you scored 20 or more, your asthma may be well controlled. You should still talk to your doctor about your results.
- Asthma is unpredictable. Your asthma symptoms may seem mild or nonexistent, but they can flare up at any time.
- Take the Asthma Control Test periodically no matter how good you feel, and continue to see your doctor on a regular basis to ensure you are taking the necessary steps to keep your asthma in control.