**Appendix:** Asthma Question Prompt List

**Read these questions and put checks by the ones you want to ask the doctor.**

**Questions about asthma**

* What causes my asthma?
* How do I prevent breathing problems?
* Can you tell me what asthma triggers are?
* How can I make my asthma better?
* How severe is my asthma?
* What can I do if someone is smoking around me?
* When should I stay indoors?
* Can I be around my pet?

**Questions about asthma medicines:**

* What do you call my asthma medicine?
* What medicine do I use when my chest is tight or when I wheeze or cough?
* Which asthma medicine do I take every day and why?
* How do I use a spacer?
* When should I use my medicine?
* How much medicine should I take each time I use it?
* How long do I hold my breath after I inhale my medicine?
* Why do I hold my breath after I inhale my medicine?
* How many times a day do I take it?
* Should I use my asthma medicine before I play or exercise?
* Is it okay to take my asthma medicine with my other medicines?
* Can you show me how to use my medicine?
* Can I show or tell you how I use my medicine so you tell me if I am doing it right?
* Should I always carry my asthma medicine with me?

**Write any other questions you have in the space below:**

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