

**FIGURE 3–2. SAMPLE QUESTIONS\* FOR THE DIAGNOSIS AND INITIAL ASSESSMENT OF ASTHMA**

A “yes” answer to any question suggests that an asthma diagnosis is likely.

**In the past 12 months...**

- Have you had a sudden severe episode or recurrent episodes of coughing, wheezing (high-pitched whistling sounds when breathing out), chest tightness, or shortness of breath?
- Have you had colds that “go to the chest” or take more than 10 days to get over?
- Have you had coughing, wheezing, or shortness of breath during a particular season or time of the year?
- Have you had coughing, wheezing, or shortness of breath in certain places or when exposed to certain things (e.g., animals, tobacco smoke, perfumes)?
- Have you used any medications that help you breathe better? How often?
- Are your symptoms relieved when the medications are used?

**In the past 4 weeks, have you had coughing, wheezing, or shortness of breath...**

- At night that has awakened you?
- Upon awakening?
- After running, moderate exercise, or other physical activity?

\*These questions are examples and do not represent a standardized assessment or diagnostic instrument. The validity and reliability of these questions have not been assessed.