

World Asthma Day Quiz

1. When is World Asthma Day observed each year?

- a) First Monday of May
- b) First Tuesday of May
- c) First Wednesday of May
- d) Last Friday of April

(Answer: b) First Tuesday of May)

2. Which global organization coordinates World Asthma Day?

- a) WHO
- b) UNICEF
- c) GINA
- d) UNDP

(Answer: c) GINA)

3. What does GINA stand for?

- a) Global Institution for National Asthma
- b) Global Initiative for Asthma
- c) General Initiative for Asthma
- d) Global Network on Asthma

(Answer: b) Global Initiative for Asthma)

4. Which part of the body is directly affected by asthma?

- a) Brain
- b) Heart
- c) Lungs
- d) Liver

(Answer: c) Lungs)

5. What is a common device used to treat asthma symptoms?

- a) Inhaler
- b) Thermometer
- c) Pacemaker
- d) Blood pressure monitor

(Answer: a) Inhaler)

6. Which of the following is a common asthma trigger?

- a) Dust
- b) Clean air
- c) Exercise
- d) Reading

(Answer: a) Dust)

7. What is the purpose of observing World Asthma Day?

- a) Celebrate air quality
- b) Raise awareness about asthma
- c) Promote vaccines
- d) Encourage physical activity

(Answer: b) Raise awareness about asthma)

8. Asthma can be classified as which of the following?

- a) Contagious disease
- b) Mental disorder
- c) Chronic condition
- d) Digestive issue

(Answer: c) Chronic condition)

9. Which of these symptoms is commonly associated with asthma?

- a) Fever
- b) Coughing and wheezing
- c) Skin rash
- d) Nausea

(Answer: b) Coughing and wheezing)

10. Which population group is most vulnerable to asthma attacks?

- a) Teenagers
- b) Elderly
- c) Children
- d) Athletes

(Answer: c) Children)

11. What lifestyle factor can help manage asthma better?

- a) Smoking regularly
- b) Avoiding triggers
- c) Skipping medication
- d) Staying indoors only

(Answer: b) Avoiding triggers)

12. Which of these is a preventive measure for asthma control?

- a) Ignoring symptoms
- b) Using prescribed medication
- c) Avoiding exercise
- d) Skipping meals

(Answer: b) Using prescribed medication)

13. Asthma deaths are highest in which regions?

- a) High-income countries
- b) Low- and middle-income countries

- o c) Polar regions
- o d) Desert areas

(Answer: b) Low- and middle-income countries)

14. What type of medication provides quick relief during asthma attacks?

- o a) Antibiotics
- o b) Painkillers
- o c) Rescue inhalers
- o d) Vitamins

(Answer: c) Rescue inhalers)

15. How often should an asthma action plan be reviewed?

- o a) Every 10 years
- o b) Only during emergencies
- o c) Annually or as needed
- o d) Once in a lifetime

(Answer: c) Annually or as needed)



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