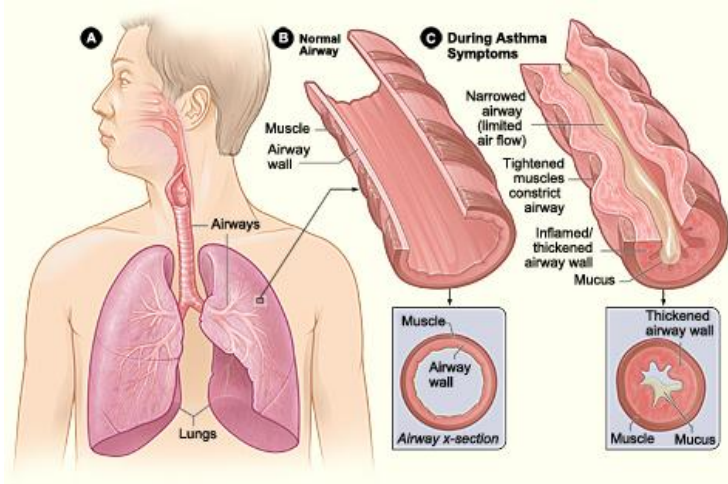




1. **TRUE**



1. *Muscles surrounding the airways tighten*
2. *The airways become inflamed*
3. *The airways fill with mucus*

2. a. **TRUE**, rescue medicines treat active symptoms. They help loosen the muscles around the airways. Use these medicines during an asthma attack. Do not use them daily for long-term control.  
b. **TRUE**, long-term controller medicines prevent asthma symptoms from occurring. They control inflammation and mucus production in the airways. Use these medications even when there are no symptoms. Do not use them to treat active symptoms.
3. **TRUE**, Spacers deliver more inhaled medication to the lungs.



4. Recognize symptoms of asthma attack. When symptoms occur, use the rescue inhaler to prevent a more severe attack.
5. Knowing how often you/your child has symptoms tells you how well controlled is your/their asthma.
6. Many things can trigger asthma. Know the triggers and avoid them to prevent future asthma attacks.

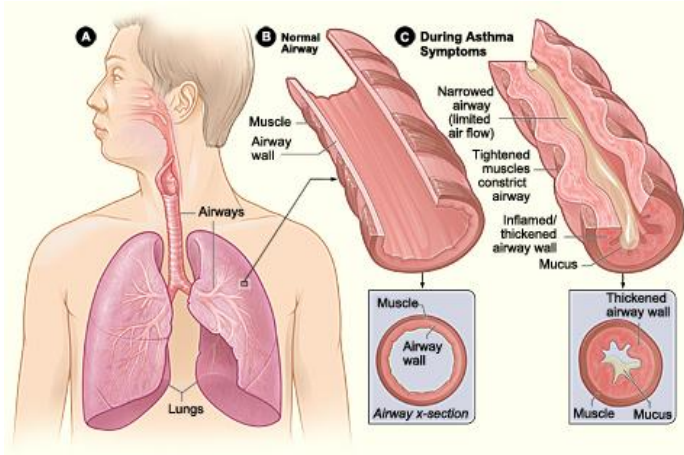
Sources:

- Potter, Paul C. "Current Guidelines for the Management of Asthma in Young Children." *Allergy, Asthma & Immunology Research* 2.1 (2010): 1-13. Web.
- National Institute of Health

Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional. North East Medical Services disclaims any liability for the decisions you make based on this information.



1. **對的**，哮喘發作時會發生以下 3 件事情：



1. 氣管周圍的肌肉收緊
2. 氣管發炎
3. 氣管充滿黏液

2. a. **對的**，搶救型藥物用於緩解哮喘徵狀，可讓氣管周圍的肌肉放鬆，在哮喘病發作時請使用它。但它不適宜長期每天使用以作哮喘病控制。
- b. **對的**，控制型藥物用於預防哮喘病發，它可控制氣管的炎症和黏液的產生。即使沒有徵狀時也要使用，但它不適用於哮喘病發作時以作快速緩解徵狀。
3. **對**，分隔器可幫助把更多藥物傳送到肺部。



4. 認識這些哮喘病發的徵狀。當徵狀出現時，請使用有搶救型藥物的吸入器，以防止哮喘徵狀加重。
5. 知道你或你的孩子出現哮喘徵狀的頻率可知道哮喘病控制得好與不好。
6. 很多因素可以引起哮喘病發，認清你或你的孩子哮喘病發的誘因，以便防止病發。

資料來源：

- Potter, Paul C. "Current Guidelines for the Management of Asthma in Young Children." *Allergy, Asthma & Immunology Research* 2.1 (2010): 1-13. Web.
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請注意，此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。  
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