



Why do you need two different types of asthma medicine?

“Daily control” medicine

is your medicine **to help prevent asthma attacks**. Take it each day to help keep your asthma under control.



■ Your daily control medicines:

(some people take more than one kind of daily control medicine)

■ Daily control medicine helps *prevent* asthma attacks

Taking your daily control medicine every day helps you breathe better, feel better, and have fewer asthma attacks.

■ How does this medicine work?

Your daily control medicine helps prevent asthma attacks by keeping your airways from getting irritated and swollen.

■ Why do you need to take this medicine *every day* -- even when you are feeling fine?

Taking your daily control medicine every day helps *keep* you feeling fine. If you stop taking it, your asthma may get worse.

“Rescue” medicine

is your medicine **for an asthma attack**. Take it for quick relief when you have an asthma attack.



■ Your rescue medicine:

■ Rescue medicine helps when you are *having an asthma attack*

When you are having problems breathing, your rescue medicine usually helps right away.

■ How does this medicine work?

When you have an asthma attack, your chest feels tight and it's hard to breathe. Rescue medicine helps by relaxing the muscles around your airways. When the muscles relax, it's easier for you to breathe.

■ Are you having asthma attacks more than once a week?

Having asthma attacks more than once a week can mean that your asthma is getting out of control, and something needs to be done. If you are having asthma attacks this often, call your doctor. It's important to get your asthma back under control.