RULES OF TWO®

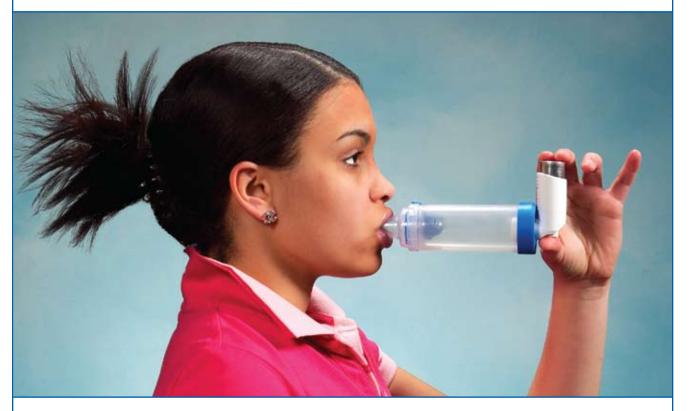
When is quick relief for asthma NOT ENOUGH?

DO YOU...

- Take your "quick-relief inhaler"
 Refill your "quick-relief inhaler" more than TWO TIMES A WEEK?
- Awaken at night with asthma more than TWO TIMES A MONTH?
- more than TWO TIMES A YEAR?
- Measure your peak flow at less than two times 10 (20%) from baseline with asthma symptoms?

If YOU can answer "YES" to any of these questions, YOUR ASTHMA IS NOT UNDER CONTROL.





Talk with your healthcare provider about adding a LONG-TERM CONTROLLER" (an anti-inflammatory inhaled corticosteroid) to your treatment plan. A "long-term controller" medication can help to IMPROVE YOUR BREATHING and PREVENT ASTHMA EMERGENCIES!

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Adapted by the National Capital Asthma Coalition from Dallas Asthma Consortium poster, www.DallasAsthma.org.