

RULES OF TWO®

When is quick relief for asthma **NOT ENOUGH?**

DO YOU...

- Take your “quick-relief inhaler” **more than TWO TIMES A WEEK?**
- Awaken at night with asthma **more than TWO TIMES A MONTH?**
- Refill your “quick-relief inhaler” **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.