Asthma Rules of 2

If you have asthma, your asthma may be poorly controlled if you...

- Take a quick relief (rescue) inhaler (like albuterol) for problems more than 2 times a week
- Awaken at night with asthma problems more than 2 times a month
- Refill a quick relief inhaler more than 2 times a year

If you have asthma and it is poorly controlled, call your health care provider!

If you have asthma:

- Go to the doctor for an asthma check at least twice a year
- Ask your doctor if you need a daily controller medicine
- Ask for an asthma management plan
- Know triggers (dust, smoke, pets, strong odors, roaches...) and avoid them
- Know how to use your asthma medicines
- Get a flu shot every year in October or November
- Call your Carolina Access Asthma Case Manager