

Medications and Asthma

It is important to follow the directions for the **medicines** you are given. Make sure you don't run out of them. Each medicine has a different purpose or "job" to do in the lungs.

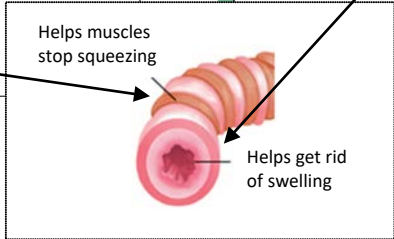


Quick-relief/rescue medicine -- Albuterol

- **Keep this medicine with you at all times; take it with you whenever you leave your house.**
- Use this medicine **RIGHT AWAY** when you feel like your asthma is getting worse.
- It **quickly** helps the muscles around the airways to relax or loosen up.
 - This opens the airways a little and makes it easier to breathe.

Controller medicines

- If you have asthma problems often, you may need to take medicines every day.
 - You **do not** feel different right after taking these medicines – they help you feel better over time.
- They **control** swelling inside your airways. Over time, this makes it easier to breathe.
 - **If you stop taking them,** the swelling comes back and your *asthma can get worse again.*



Albuterol can be:

RED

YELLOW, or

BLUE



Each color is the exact same medicine.

Advair



Flovent



Symbicort

