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:**

<table>
<thead>
<tr>
<th>RED</th>
<th>YELLOW, or</th>
<th>BLUE</th>
</tr>
</thead>
</table>

Each color is the exact same medicine.

*Revised: 4/20/2022*