



## Medications to Manage Asthma

**Most asthma action plans include both long term and quick relief medications.**

### Long Term Controller Medications

**Take Long Term Controller Medicines every day, whether you feel good or bad.**

#### **Long Term Controller Medicines:**

- Help prevent asthma problems
- Reduce inflammation, irritation and swelling in your airways
- **Take days or weeks to “kick in”**
- Are important to get and keep asthma under control
- Help people who have symptoms more than one or two times a week
- **Some long term asthma medications include:**  
Symbicort, Flovent and QVAR



# Medications to Manage Asthma

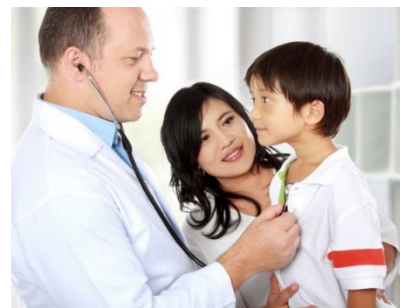
## Quick Relief or Rescue Medications

Take **Quick Relief** or **Rescue Medications** when you have asthma symptoms like wheezing, coughing, or shortness of breath. **These medications:**

- **Do not** prevent asthma problems
- **Do not** reduce inflammation in your airways
- Help prevent death from asthma
- Are important to have with you all the time
- Always use them with a spacer and sometimes with a spacer and a mask
- **Work in minutes**
- Relax the small muscles in the lung and airway to open the airway quickly
- **Names of some of these medications are:**  
ProVentil, ProAir, Albuterol and Ventolin.



If you take Quick Relief Medications **more than 2 times a week,** talk to your doctor about Long-Term Control Medicine.



## Do not run out of medication

- Keep a watch on the number of doses left in your inhaler.
- **When you have used about half of the doses, call to get a refill.**

**For questions and resources, call 1 (833) 327-8462.  
[www.SouthSideKidsAsthma.org](http://www.SouthSideKidsAsthma.org)**