

## Medicines to treat your asthma

There are 2 main kinds of asthma medicines that your health care provider may give you:

### 1. Rescue medicines

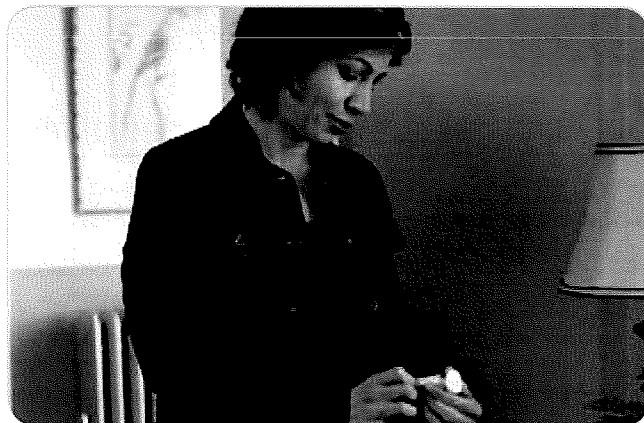
Rescue medicine gives you quick relief from your asthma symptoms.

### 2. Controller medicines

Controller medicine is medicine you take every day to stop asthma symptoms from happening. Your controller medicine acts to help keep your airways from swelling. It can also help make your airways less sensitive. This can mean fewer or no asthma symptoms.

**Some people with asthma need to take medicines every day to get control over their symptoms**

Controller medicine should be taken every day, even if you aren't having asthma symptoms. It helps control swelling in your airways. It can also make your airways less sensitive.



### TIP

**Talk to your health care provider to find out if a controller medicine is right for you.**



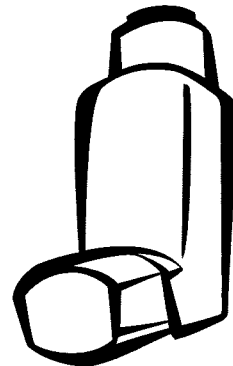
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## Get quick relief with rescue medicines

Your health care provider will prescribe rescue medicine. This is sometimes called quick-relief medicine.

- You take this medicine when you have asthma symptoms. Symptoms could be wheezing or tightness in your chest.
- Always have your rescue medicine handy so that you can take it as soon as you start having symptoms.
- Rescue medicine quickly relaxes the muscles around your airways and lets air get through to your lungs.
- If you need to take your rescue medicine more than 2 days a week, talk with your health care provider. This can mean that your asthma is not under control.



### TIP

Rescue medicines may help when you need quick relief from your asthma symptoms. Follow the asthma action plan that you created with your health care provider when you have asthma symptoms.

