



# Manage Your Asthma and Score! Use the “rule of two:”

- Do you use a quick-relief inhaler more than TWO times per week?
- Do you wake up at night with with asthma more than TWO times per month?
- Do you refill your quick-relief inhaler more than TWO times per year?
- If you can answer YES to any of these questions, ask your doctor about “CONTROLLER MEDICINES”

Learn more about  
managing Asthma!

 **AMERICAN LUNG ASSOCIATION**

For more information, call

1-800-Lung-USA (1-800-586-4872)

National City Asthma Project II

Funded by: US Department of Health and Human Services,  
Office of Public Health and Science, Office of Minority Health

