

Rules of Two®

Do you take your “rescue” inhaler for
asthma symptoms more than **two** times
per week?

Do you awaken at night with asthma
symptoms more than **two** times per
month?

Do you refill **your “rescue” inhaler more**
than **two** times per year?

If you can answer **YES** to any of these questions, your asthma is **NOT** under control. Talk with your doctor about adding an inhaled anti-inflammatory to improve your asthma control and help prevent asthma emergencies!

