

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!**

NEW
YORK
STATE

Children's 
Asthma Initiative