

# Asthma Quick Guide

Using your medicines correctly can help you live a healthier, active life.

## Your asthma inhalers

Use your control inhaler every day to manage your asthma and to prevent hospital visits. Use your quick-relief (albuterol) inhaler **only** for help during an asthma attack.

### Control inhalers help to:

- Keep your lungs healthier.
- Keep swelling in your lungs down.
- Prevent lung damage over time.
- Reduce bad asthma attacks.

### If you use albuterol inhalers too much:

- They may not work as well during an asthma attack.
- They can make your asthma worse if the causes of asthma are not being treated.
- Talk to your doctor about the right times to use your albuterol inhaler.

### To make your asthma better, use your control inhaler and:

- Talk to your doctor to create an Asthma Action Plan.
- Ask questions about your medicines.
- Talk to your doctor or pharmacist about the proper technique for using inhalers.