













## Asthma Medications

There are two main types of asthma medications: long-term controllers and quick-relief inhalers. Talk to your healthcare provider to determine which medication you should use.

	<b>Quick-relief Medication</b>	<b>Long-Term Controller Medication</b>
<b>Who should have it?</b>	<ul style="list-style-type: none"> <li>• Everyone</li> <li>• Carry with you at all times</li> </ul>	<ul style="list-style-type: none"> <li>• Only those with a prescription</li> </ul>
<b>How does it work?</b>	<ul style="list-style-type: none"> <li>• Relieves the squeezing of the muscles around the airways</li> <li>• Works within 10 to 15 minutes of use</li> </ul>	<ul style="list-style-type: none"> <li>• Prevents swelling and mucus build up in the airways</li> <li>• Makes airways less sensitive to triggers</li> </ul>
<b>When should it be used?</b>	<ul style="list-style-type: none"> <li>• Upon first warning sign</li> </ul>	<ul style="list-style-type: none"> <li>• Every day</li> <li>• Even if you do not have symptoms</li> </ul>
<b>What are the side effects?</b>	<ul style="list-style-type: none"> <li>• Rapid heart rate, shaky hands, jittery feeling</li> <li>• Symptoms go away a half-hour after using your medication</li> </ul>	<ul style="list-style-type: none"> <li>• Hoarseness</li> <li>• Thrush (a yeast infection in the mouth)</li> <li>• Rinse your mouth with water and spit to avoid thrush</li> </ul>
<b>What are some common types?</b>	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>Pro Air</p> </div> <div style="text-align: center;">  <p>Proventil</p> </div> </div> <div style="display: flex; justify-content: space-around; align-items: center; margin-top: 20px;"> <div style="text-align: center;">  <p>Ventolin</p> </div> <div style="text-align: center;">  <p>Xopenex</p> </div> </div>	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>Pulmicort</p> </div> <div style="text-align: center;">  <p>Qvar</p> </div> <div style="text-align: center;">  <p>Flovent</p> </div> </div> <div style="display: flex; justify-content: space-around; align-items: center; margin-top: 20px;"> <div style="text-align: center;">  <p>Symbicort</p> </div> <div style="text-align: center;">  <p>Advair</p> </div> <div style="text-align: center;">  <p>Singularair</p> </div> </div>
<b>Helpful tips</b>	<ul style="list-style-type: none"> <li>• Label quick-relief medication with “QR”</li> <li>• Use a spacer with your quick-relief inhaler so the medication gets deeper into your lungs</li> </ul>	<ul style="list-style-type: none"> <li>• Do not store in the bathroom (humidity can make medication clump)</li> <li>• Use a spacer with your long-term controller inhaler so the medication gets deeper into your lungs</li> </ul>