



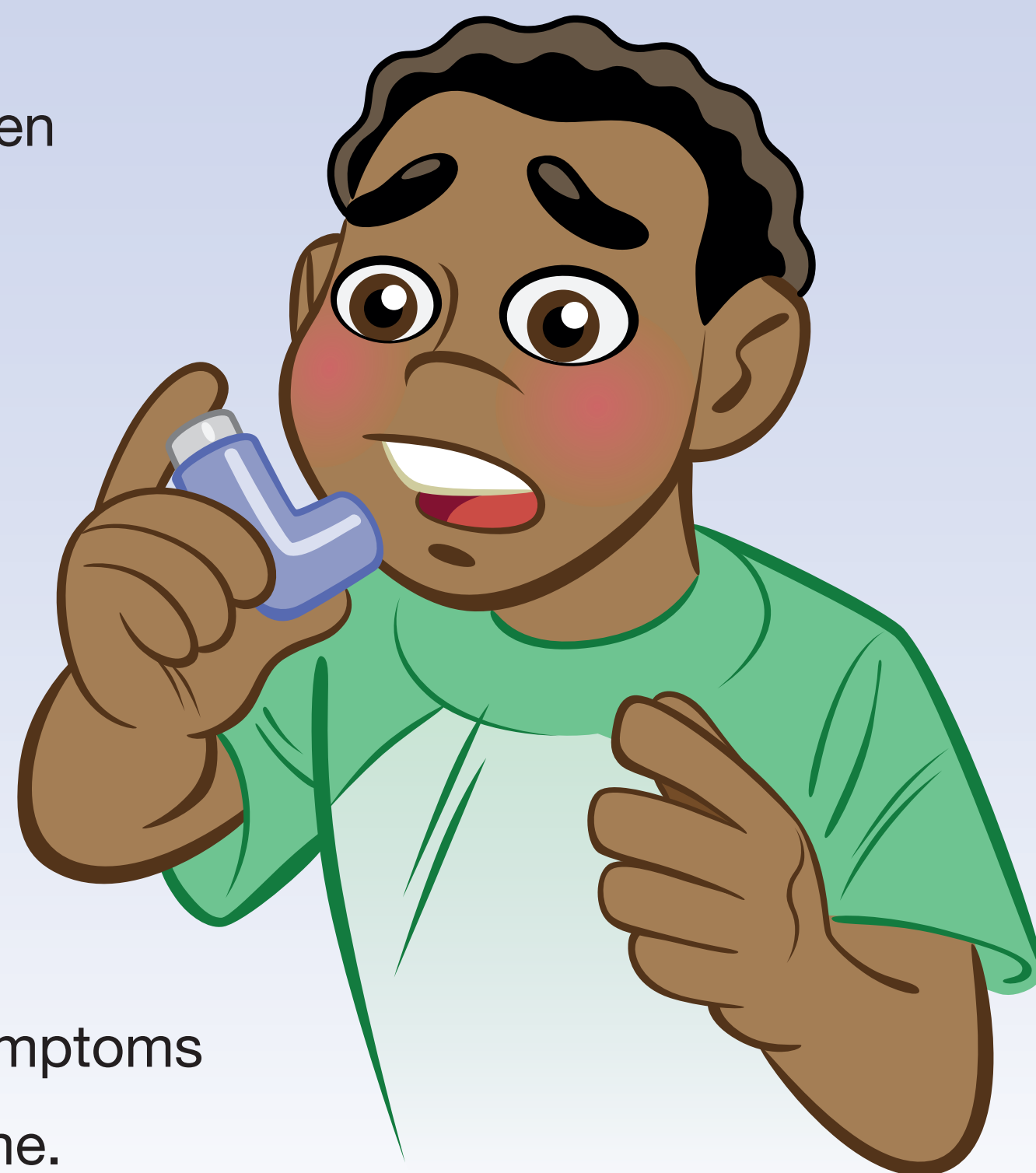
QUEST 3: ASTHMA MEDICINE

WHAT ABOUT ASTHMA MEDICINE?

There are two main types of medicine for asthma.

1. Daily Preventive Asthma Medicine

- Take it every day as the doctor tells you, even when you feel fine
- Helps prevent asthma symptoms
- Often taken using an inhaler or as pills
- Do not use for sudden asthma symptoms



2. Rescue Medicine

- Everyone with asthma needs a rescue medicine, such as a **rescue inhaler**
- Take your rescue inhaler when you have sudden asthma symptoms
- Helps open your airways when you have symptoms
- Keep your rescue inhaler with you all the time. Find out where to keep it during school and sports



How do you take asthma medicine?

There are many ways to take asthma medicine.

- Some asthma medicines are inhaled (“breathed in”) with an inhaler or nebulizer device.
- Other medicines are pills or liquids you swallow.
- Your doctor prescribes the medicine that’s best for you.
- You and your parent should talk with your doctor and nurse at each visit about your asthma symptoms and medicine.