

# 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!**

**Asthma  
Coalition**   
of Erie, Monroe & Niagara Counties

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