



Your partners
in asthma management

ASTHMA MEDICINE

Medications are one of the most important ways to treat and prevent asthma symptoms. There are two types of asthma medications: quick relief (rescue/reliever) and controller medications.

Quick-relief (rescue or reliever) medications

Rescue/reliever medications are fast-acting medications used to relieve asthma symptoms within 5-20 minutes. They should be used when needed, based on symptoms. These types of medications are usually inhaled directly into the lungs through an inhaler or nebulizer.

If asthma is well controlled, these should only be needed occasionally. Talk to your provider if you find your child is using quick-relief medications more than twice a week to control breathing.

- Relieve asthma symptoms once they have started.
- Are fast acting (start working in 5-20 minutes).
- DO NOT control OR PREVENT inflammation in the airways.
- Relax the tightened muscle bands around the airway (bronchospasm).



Controller medications

Controller medications work slowly over a longer period of time (weeks to months) to reduce airway inflammation and help prevent asthma symptoms from occurring in the first place.

- Prevent asthma symptoms from occurring by reducing and/or preventing inflammation in the airways.
- Reduce the swelling or inflammation in the airways.
- These have NO quick relief effect.
- They do not show immediate results but will work slowly over time.
- They should be taken daily, even when you are not having symptoms.

