



## Controllers

Must be used daily to be effective, even if no asthma symptoms are present.

### How do controllers work?

- They reduce irritation, swelling and mucus in the airway.
- They take time to work, sometimes weeks.
- They help you stay healthy and active.
- When used as directed, they decrease or eliminate asthma symptoms.
- They can help lessen symptoms when your child is around their asthma triggers.

### When to use?

- EVERY DAY (as directed by your doctor), even if you have no asthma symptoms

## Relievers

May be used for quick relief of asthma symptoms when they occur. These medications do not need to be taken daily.

### How do relievers work?

- They relax muscles of the airways.
- They work quickly.

### When to use?

- As needed
- For quick relief of asthma symptoms (wheezing, cough, chest tightness, difficulty breathing)
- About 20 minutes before exercise or during activity if needed
- Before exposure to a known trigger for your child's asthma



### Medication tips:

- Every child who has asthma should have a reliever medicine.
- Some children with asthma symptoms should be on a controller medicine.
- It is important that your child knows how to use an inhaler correctly.
- Most children need to use a spacer and mask with all their inhalers.