

# Know the Difference Between Your Asthma Medications

Generic medications are also available.

## Examples of Quick-Relief (Rescue) Medications (Short-Acting Beta Agonist Bronchodilators)



## Examples of Long-Term Controller Medications (Inhaled Corticosteroids)



### Quick-relief (rescue) medications:

- Stop asthma symptoms once they start
- Loosen muscles that tighten around the airways
- Can be used before exercise to help prevent symptoms
- Last up to four hours
- If needed more than 2x per week, call your doctor

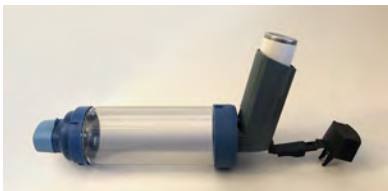
### Long-term controller medications:

- Are taken daily, even when feeling well
- Reduce inflammation in the airways
- Do NOT relieve asthma symptoms during an attack

## Examples of Long-Term Controller Medications (Combination Drugs-Inhaled Corticosteroids/ Long-Acting Beta Agonist)



Ask your \_\_\_\_\_ about your medications.



All metered-dose inhalers should be taken with a spacer.  
Talk to your doctor about how to get and use one.

Adapted from the Suffolk County Legislature's "Know the Difference" poster developed in collaboration with the Asthma Coalition of Long Island\*, Huntington Breast Cancer Action Coalition's "Prevention is the Cure," New York State Children's Environmental Health Centers and the Suffolk County Department of Health.

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