

# Rules of TWO®

## When is quick relief for asthma NOT ENOUGH?

DO YOU....

- Take your quick relief inhaler more than TWO TIMES A WEEK?
- Awaken at night with asthma more than TWO TIMES A MONTH?
- Do you refill your quick-relief inhaler more than TWO TIMES A YEAR?
- Use prednisone TWO or more times a year for flares of asthma?
- Measure changes in peak flow with asthma symptoms of more than TWO TIMES 10 (20%)?

If you answer "yes" to any of them, talk to your doctor.

*Rules of Two is a registered trademark of  
Baylor Health Care System*



[AllergyAsthmaNetwork.org](http://AllergyAsthmaNetwork.org)

