

# Is YOUR Asthma Under Control?



## Do You or Your Child...

- Miss school or work because of asthma?
- Have trouble being active or exercising because of asthma?
- Sometimes need to go to an urgent care facility or to the emergency room because of asthma?
- Take your “quick-relief inhaler” more than two times a week?
- Wake up at night with asthma symptoms more than two times per month?
- Refill your “quick-relief inhaler” more than two times a year?

If you answered “Yes” to any of these questions, your asthma may not be under control. Talk to your doctor about your (or your child’s) asthma today!

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



website: [www.GetAsthmaHelp.org](http://www.GetAsthmaHelp.org)  
Call Toll Free: 1-866-EZ-LUNGS  
(1-866-395-8647)