

Action Asthma!

LET'S HAVE OPEN AIRWAYS!

TAKE YOUR
Preventer
EVERY DAY TO KEEP
YOUR ASTHMA AWAY

PREVENTERS

(usually orange, brown or purple inhalers)
– make your airways less sensitive.

Be Prepared!
NEVER LEAVE HOME
WITHOUT IT!

RELIEVER (usually blue inhaler)
– Use for: cough, wheeze, tight chest

Learn More Breathe Better

SEE YOUR DOCTOR OR AN ASTHMA NURSE:

Jennifer Wilson (Dept. Of Health) **332-8915**

Debbie Barboza (KEMH) **239-1652**

Liz Boden (Open Airways) **232-0264**

