

# Rules of Two®

- ✓ Do you have asthma symptoms or use your bronchodilator medication more than two times per week?
- ✓ Do you refill your bronchodilator medication more than two times per year?
- ✓ Do you have asthma symptoms that awaken you more than two times per month?
- ✓ Does your peak flow drop more than 20% (2 X 10%) with symptoms?

**If the answer to each of these questions is no**, then most likely your asthma is under control. Keep doing what you are doing!

**A yes answer to one of these questions** means that your asthma is not controlled and you need to take action to fix it.

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