

STEPS TO USING A QUICK RELIEVER



#1

When you feel your first early warning sign, take one dose of your quick reliever.



M. Tsutsumi

20 min.



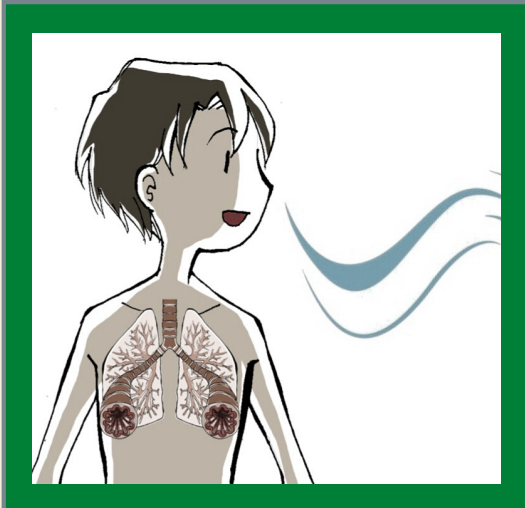
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#2

Wait 15 to 20 minutes! Sit in a chair and concentrate on breathing. Do not go back to activities!

#3

Check your breathing and symptoms.



If you have no symptoms:

#4A

Carry on with normal activities!

But, if you need your quick reliever 3 times within 24 hours, seek medical help!



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If you still have symptoms:

#4B

Take another dose of your quick reliever and seek medical help.

Schools and childcare: In this case, contact the parents and send the child home!

