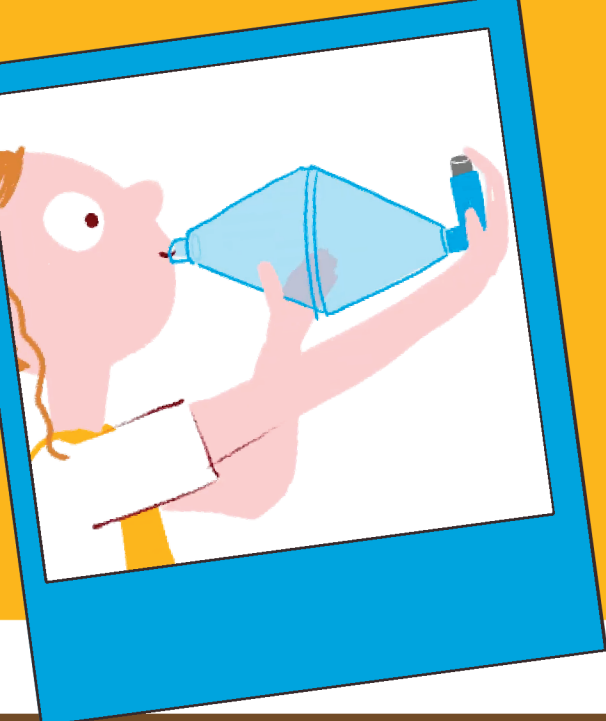
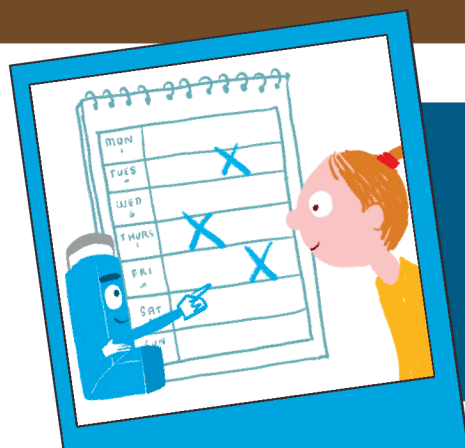
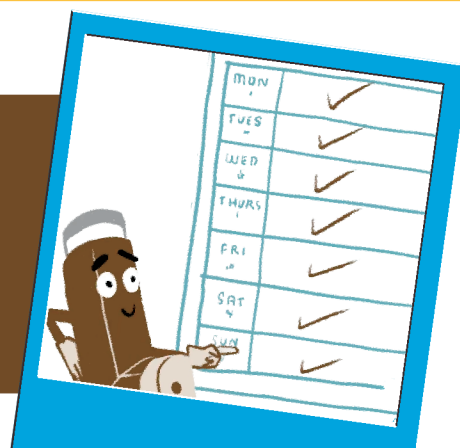


How often should you use your asthma inhalers?



You should be using your preventer inhaler every day, even when well ✓



If your asthma is well controlled, you **SHOULDN'T** need to use your blue reliever inhaler more than 3 times a week ✗

If you need to use it more than **3 times a week**, it's time for an asthma review



Contact your GP or asthma nurse and ask to book an asthma review.