

# R.I.D.E. <sup>2</sup>BREATHE

Inhaler Education

Right2Breathe Inhaler iDentification & Education

[www.Right2Breathe.org](http://www.Right2Breathe.org)

*A simple tool to help people better understand how to get the most from their inhaled medications by helping them:*

- **Identify** - differences between rescue and daily/maintenance inhalers
- **Organize** - using drag racing themed stickers to quickly ID their inhalers
- **Assess** - whether their Asthma or COPD is well controlled

*A program provided by*



# R.I.D.E. 2 BREATHE

## Inhaler Education

### Introduction:

Welcome to the R.I.D.E. 2 Breathe Inhaler Education program! This is designed to simplify inhaler identification and to explain the important differences between your daily (also known as maintenance) inhaler and your rescue inhaler. Place the stickers provided on the corresponding inhalers; using the green light/daily stickers on your maintenance medication and the Yellow & Red light/Rescue stickers on your rescue inhaler for easy identification.

Be sure to “LIKE” and “FOLLOW” Right2Breathe on our social media pages:

[www.facebook.com/Right2Breathe.org](http://www.facebook.com/Right2Breathe.org)

[www.instagram.com/Right\\_2\\_Breathe](http://www.instagram.com/Right_2_Breathe)

[www.twitter.com/Right\\_2\\_Breathe](http://www.twitter.com/Right_2_Breathe)

### RESCUE vs. DAILY inhalers:

Rescue = Emergency, quick-relief, quick-acting

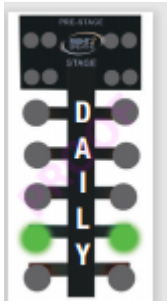
Daily = Maintenance, Controller, long acting

**Rescue medications** are to be used for Shortness of Breath (SOB), chest tightness.

Rescue medications open the lungs and relax the airway muscles. They are not meant to be used every-day unless prescribed for use before exercise. If you use your rescue inhaler more than two times a week, please speak to your physician.

**Daily medications** are used to control asthma (or COPD and other lung diseases) to prevent the need for excessive use of Rescue medications.

Daily Medications (also known as maintenance medication) reduce swelling and tightening of the airways to provide control. These are usually taken every day to prevent symptoms from occurring.



# Daily

## **Daily, Maintenance, Long-Term Controller, Long-Acting, Preventer**

**Be sure to use the information you received with your  
inhaler to fill out the information below:**

**Your Controller medication(s) is (are):**

---

---

---

**Instructions:**

---

---

---

---

**When to take:**

---

**PLACE THE GREEN/DAILY STICKERS ON YOUR  
DAILY/MAINTENANCE MEDICATION INHALER**



# Rescue

**Rescue, Emergency, Fast-Acting, Quick-Relief, Reliever**

**Be sure to use the information you received with your inhaler to fill out the information below:**

**Your Rescue Medication(s) is (are)**

---

---

**Instructions:**

---

---

---

**When to Take:**

---

**\*\*Contact your Physician if you are using your Rescue inhaler more than 2 times a week! (Does not include prevention of exercise-induced asthma)**

**PLACE THE RED/RESCUE STICKERS ON YOUR RESCUE MEDICATION INHALER**