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Reliever inhaler



Everyone with asthma should have a reliever inhaler. Reliever inhalers are usually blue.

Relievers are medicines that are taken immediately to relieve asthma symptoms. They quickly relax the muscles surrounding the narrowed airways. This allows the airways to open wider, making it easier to breathe again.

Relievers are essential in treating asthma attacks. You should take a dose of reliever inhaler when you are having asthma symptoms. If you are using your reliever inhaler three or more times a week, your asthma may not be well controlled and you should go back to your doctor or asthma nurse and have your symptoms reviewed.

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