Persistent Asthma: Daily Medication

Step 1 (all ages)

Preferred: 
Low-dose inhaled steroid

Alternative: 
Leukotriene blocker or cromolyn

Step 2

AGE 0-4 YRS
Consider referral (especially if diagnosis is in doubt)

AGE 5-11 YRS
Low-dose inhaled steroid + long-acting beta agonist or Medium-dose inhaled steroid

Alternative: 
Low-dose inhaled steroid + leukotriene blocker

Step 3

AGE 12+ YRS
Preferred: 
Low-dose inhaled steroid + long-acting beta agonist

Alternative: 
Medium-dose inhaled steroid + leukotriene blocker

AGE 5-11 YRS
Same as 12+ yrs

Step 4

AGE 12+ YRS
Preferred: 
High-dose inhaled steroid + long-acting beta agonist

— and — 
Consider omaluzimab if allergies

AGE 5-11 YRS
Preferred: 
High-dose inhaled steroid + long-acting beta agonist

Alternative: 
High-dose inhaled steroid + leukotriene blocker + oral steroid

AGE 0-4 YRS
Preferred: 
Medium-dose inhaled steroid + either long-acting beta-agonist or leukotriene blocker

AGE 0-4 YRS
High-dose inhaled steroid + either long-acting beta-agonist or leukotriene blocker + oral steroid

Consider immunotherapy if allergic asthma

Step 5

AGE 12+ YRS
High-dose inhaled steroid + long-acting beta agonist + oral steroid

— and — 
Consider omaluzimab if allergies

AGE 5-11 YRS
Preferred: 
High-dose inhaled steroid + long-acting beta agonist

Alternative: 
High-dose inhaled steroid + leukotriene blocker + oral steroid

AGE 0-4 YRS
Preferred: 
High-dose inhaled steroid + long-acting beta agonist or leukotriene blocker

AGE 0-4 YRS
High-dose inhaled steroid + long-acting beta agonist or leukotriene blocker + oral steroid

All ages Steps 4 through 6:
Consult with asthma specialist

Step 6

AGE 12+ YRS
High-dose inhaled steroid + long-acting beta agonist + oral steroid + omaluzimab if allergies

AGE 5-11 YRS
Preferred: 
High-dose inhaled steroid + long-acting beta agonist

Alternative: 
High-dose inhaled steroid + leukotriene blocker + oral steroid

AGE 0-4 YRS
Preferred: 
High-dose inhaled steroid + long-acting beta agonist or leukotriene blocker

AGE 0-4 YRS
High-dose inhaled steroid + long-acting beta agonist or leukotriene blocker + oral steroid

All LABAs and combination agents containing LABAs have a black box warning.

Rescue Medication: Short-acting beta-agonist (e.g., albuterol) as needed for symptoms. Treatment intensity depends on symptom severity. Frequent or increasing use of rescue medication may indicate inadequate control and the need to step up treatment.