



Asthma severity	Sxs frequency	Nighttime awakenings	Therapy			
Intermittent	≤ 2 days/week	≤ 2 nights/month	Step 1			
Mild Persistent	> 2 days/week (not daily)	≤ 4 nights/month	Step 2	SABA PRN	Low-dose ICS	
Moderate Persistent	Daily	> 1 night/week (not nightly)	Step 3			
Severe Persistent	Multiple times a day	≥ 4 nights/week	Step 4		High-dose ICS	LABA

SABA = short-acting  $\beta$ -agonist    LABA = long-acting  $\beta$ -agonist    ICS = inhaled corticosteroid    PRN = as needed