

USING AN INHALER

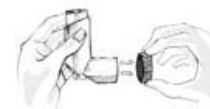
It's recommended that anyone with asthma use inhalers with spacers. Spacers help get medicine into the lungs. Use an inhaler as instructed by health care providers.

1. Stand or sit up straight.



M. Tsutsumi

2. Remove the cap from the inhaler.



M. Tsutsumi

3. Shake the inhaler (10 shakes).



M. Tsutsumi

4. Breathe out naturally.



M. Tsutsumi

5. Tilt head back slightly. Hold the inhaler two finger widths away from your mouth.



M. Tsutsumi

6. As you begin to inhale, press down on the inhaler.



M. Tsutsumi

7. Breathe in slowly and keep breathing in slowly until your lungs are full.



M. Tsutsumi

8. Remove the inhaler from your mouth and close your lips. Hold your breath for 10 seconds.



M. Tsutsumi

9. Breathe out slowly.



M. Tsutsumi

10. Wait 15 seconds.



M. Tsutsumi

11. Repeat steps 4 through 10 for each puff that your health care provider tells you to take.

12. Rinse mouth with water and spit out.



M. Tsutsumi