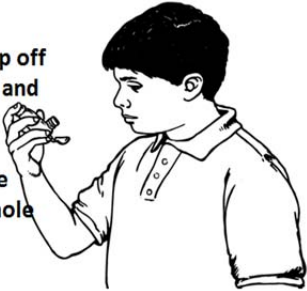






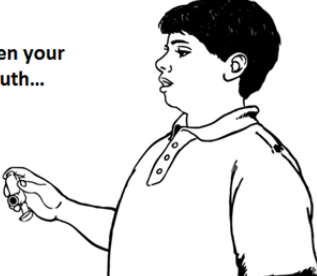



Know How to Use Your Asthma Inhaler

Using a metered dose inhaler one to two inches from mouth

<p>1 Take the cap off the inhaler and make sure the mouthpiece and spray hole are clean.</p> 	<p>6 With the spray hole one to two inches away from your mouth, begin to breathe in and press on the inhaler one time.</p> 
<p>2 Shake the inhaler 10-15 times.</p> 	<p>7 Continue to breathe in slowly.</p> 
<p>3 Without the inhaler, take a breath and ...</p> 	<p>8 Hold your breath for 5-10 seconds.</p> 
<p>4 ... breathe out all the way.</p> 	<p>9 Open your mouth...</p> 
<p>5 Hold the inhaler upright.</p> 	<p>10 ... and breathe out slowly.</p> 