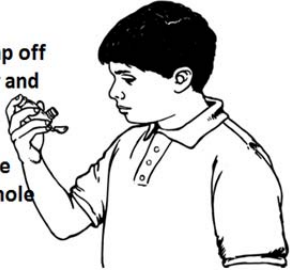




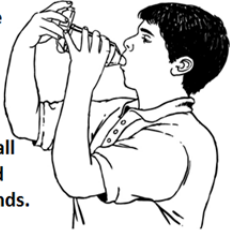





Know How to Use Your Asthma Inhaler

Using a metered dose inhaler with a spacer

<p>1</p> <p>Take the cap off the inhaler and make sure the mouthpiece and spray hole are clean.</p> 	<p>6</p> <p>Put the mouthpiece of the spacer in your mouth and above your tongue.</p> 
<p>2</p> <p>Shake the inhaler 10-15 times.</p> 	<p>7</p> <p>Close your lips around the spacer.</p> 
<p>3</p> <p>Put the inhaler mouthpiece into the end of the spacer.</p> 	<p>8</p> <p>Tilt your head back slightly toward the ceiling. Press the top of the inhaler to spray one dose of medicine. Slowly breathe in all the air you can and hold for 5-10 seconds.</p> 
<p>4</p> <p>Inhale a deep breath and breathe out all the way.</p> 	<p>9</p> <p>Open your mouth...</p> 
<p>5</p> <p>Hold the inhaler and spacer between your index finger and thumb.</p> 	<p>10</p> <p>...and breathe out slowly.</p> 