Know How to Use Your Asthma Inhaler
Using a metered dose inhaler with a spacer

1. Take the cap off the inhaler and make sure the mouthpiece and spray hole are clean.
2. Shake the inhaler 10-15 times.
3. Put the inhaler mouthpiece into the end of the spacer.
4. Inhale a deep breath and breathe out all the way.
5. Hold the inhaler and spacer between your index finger and thumb.
6. Put the mouthpiece of the spacer in your mouth and above your tongue.
7. Close your lips around the spacer.
8. 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.
9. Open your mouth...
10. ...and breathe out slowly.