Know How to Use Your Asthma Inhaler
Using a metered dose inhaler (inhaler in mouth)

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. Without the inhaler, take a breath and ...
4. ... breathe out all the way.
5. Hold the inhaler upright.
6. Put the inhaler in your mouth, above your tongue, and between your teeth. Seal your lips around the inhaler.
7. Begin to breathe in slowly. Press down on the inhaler once and keep breathing in.
8. Hold your breath for 5-10 seconds.
9. Open your mouth...
10. ... and breathe out slowly.

National Center for Environmental Health
Division of Environmental Hazards and Health Effects