## How to use your inhaler and spacer



1. Take the cap off the inhaler



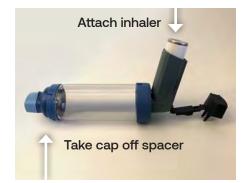
2. Shake the inhaler for 5 seconds



4. Breathe **OUT** all the way



5. Close lips around mouthpiece



3. Attach to spacer and take cap off spacer



6. Press down here



7. Breathe in SLOWLY, DEEPLY



9. Rinse with water and SPIT OUT



8. Hold your breath for 10 seconds if you can. Then breathe out slowly.

For more asthma videos, handouts, tutorials and resources, visit **Lung.org/asthma.** 

You can also connect with a respiratory therapist for one-onone, free support the American Lung Association's Lung HelpLine at **1-800-LUNGUSA**.

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If you need another puff of medicine, wait 1 minute then repeat steps 5-9.

