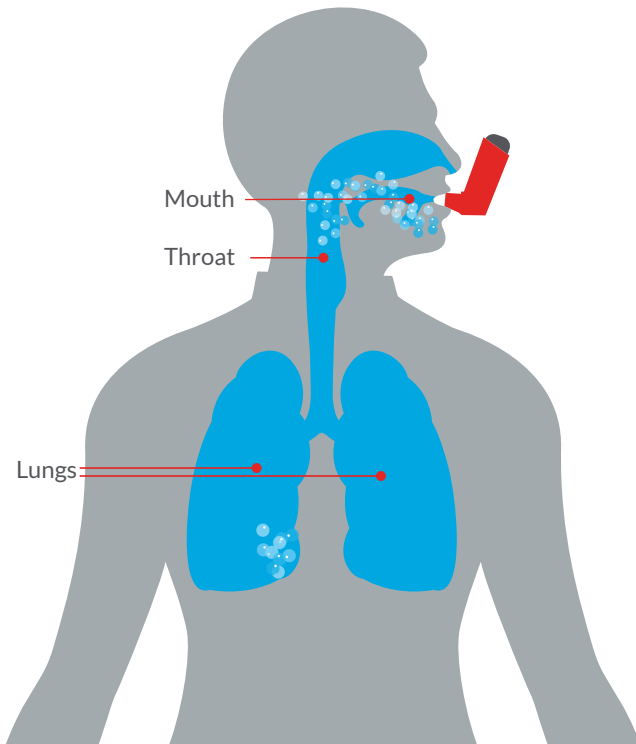


## Using Your Inhaler Alone



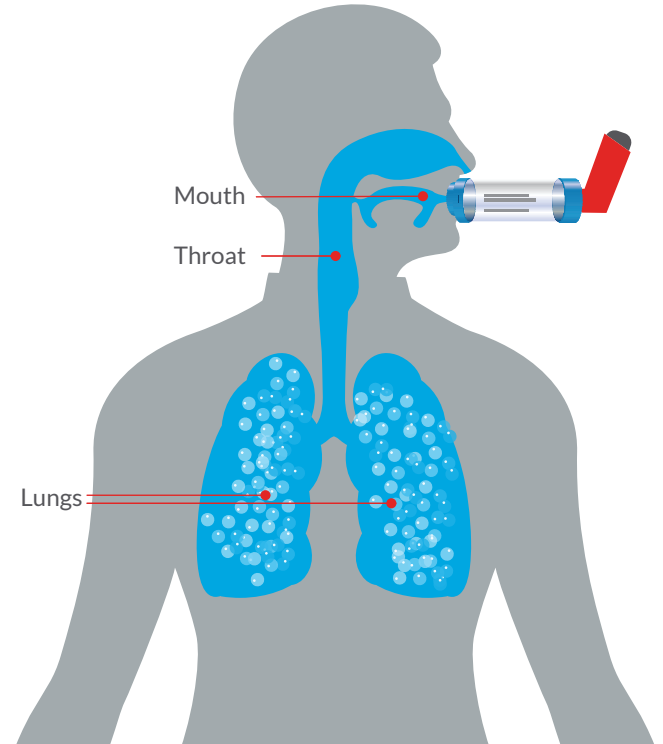
Metered-dose inhalers can spray medicine as fast as 60 miles per hour, causing the medicine to hit the back of your throat or roof of your mouth.

### Asthma Management Tips

Learn more asthma management tips through the American Lung Association's Asthma Basics. This one-hour, interactive web tutorial teaches participants to recognize and manage asthma triggers, Understand the value of an asthma action plan, and recognize and respond to a breathing emergency.

[Lung.org/asthma-basics](https://www.lung.org/asthma-basics)

## Using Your Inhaler with a Spacer or Valved Holding Chamber (VHC)



By simply attaching a valved holding chamber or spacer to your metered-dose inhaler, you can:

- Help the medicine move past your mouth and throat and get deep into your lungs where it can do its work
- Avoid problems with spraying and breathing at the same time
- Keep you from breathing the medicine in too fast
- Make it easier to take your medicine when you are having asthma symptoms