American Lung Association.

How to Use an Inhub Inhaler

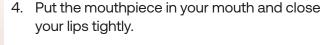






- Hold the inhaler straight up ↑ and push the lever down ← to the end of the arrows.
- 3. Breathe out away from the device.





5. Breathe in quickly and deeply.



6. Hold your breath for 10 seconds.



7. Breathe out slowly.



8. Close the cover by pushing the mouthpiece cover up.



9. Rinse with water and spit it out.

Proper inhalation technique is important when taking your asthma medicine(s) and monitoring your breathing. Make sure to bring all your medicines and devices to each visit with your primary care provider or pharmacist to check for correct use, or if you have trouble using them.

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

Scan the QR Code to access How-To Videos



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

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