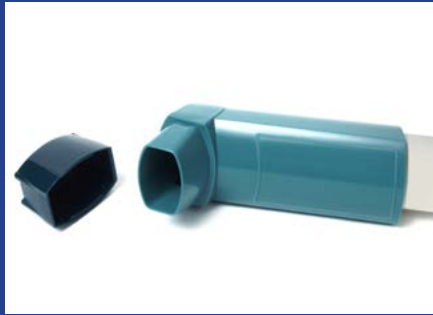


# How to use your inhaler and spacer



1. Take the cap off the inhaler



2. Shake the inhaler for 5 seconds



3. Attach to spacer and take cap off spacer



4. Breathe OUT all the way



5. Close lips around mouthpiece



6. Press down here



7. Breathe in **SLOWLY, DEEPLY**



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



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



9. Rinse with water and **SPIT OUT**

**Asthma Coalition**  
of Erie, Monroe & Niagara Counties

[WWW.ACOFEMNC.ORG](http://WWW.ACOFEMNC.ORG)

**American Lung Association.**

1-800-LUNG-USA (800-586-4872)\*  
\*TTY for hearing impaired:  
1-800-501-1068