



## USING AN INHALER

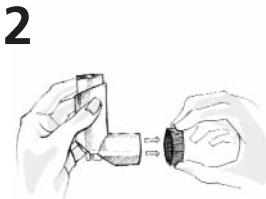
It's recommended that anyone with asthma use inhalers with spacers. Spacers help get medicine into the lungs. Use an inhaler as instructed by health care providers. For more information, visit [www.famallies.org](http://www.famallies.org) or call (414) 390-2179.

# Using Your Inhaler



M. Tsutsumi

**Stand or sit up straight.**



M. Tsutsumi

**Remove the cap from the inhaler.**



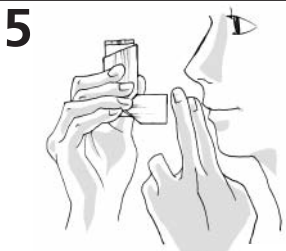
M. Tsutsumi

**Shake the inhaler (10 shakes).**



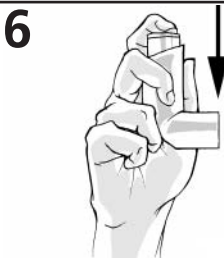
M. Tsutsumi

**Breathe out naturally.**



M. Tsutsumi

**Tilt head back slightly. Hold the inhaler two finger widths away from your mouth.**



M. Tsutsumi

**As you begin to inhale, press down on the inhaler.**

*Continued on the other side*

# Using Your Inhaler

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Keep breathing in slowly until your lungs are full.

8



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Remove the inhaler from your mouth and close your lips. Hold your breath for 10 seconds.

9



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Breathe out slowly.

10 15<sup>sec</sup>



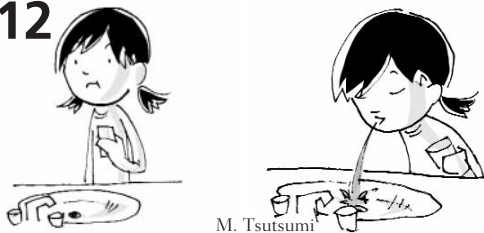
M. Tsutsumi

Wait 15 seconds.

11

Repeat steps four through 10 for each puff that your health care provider tells you to take.

12



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Rinse mouth with water and spit out.

13



M. Tsutsumi

Remove the canister of medicine and rinse the plastic holder with water. Shake off excess water and let it dry overnight.