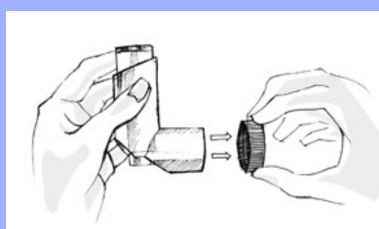


# INHALER USE WITHOUT A SPACER

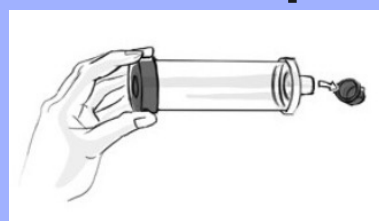


Pump a new inhaler 4 times into the air before using. Check directions: most inhalers need to be pumped into the air if not used for several days.

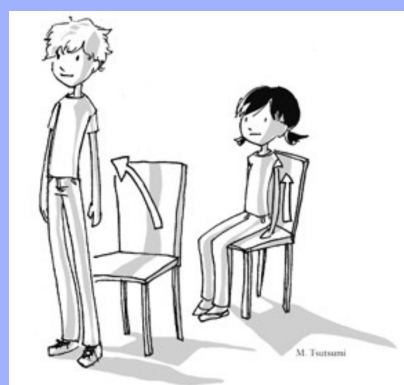
Spacers help get more medicine into the airways! Always use one!



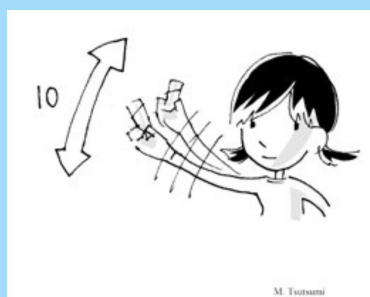
**Remove caps.**



**1  
GET  
READY!**



**Stand up tall or  
sit up straight!**



**Shake the inhaler  
10 times.**

**2  
GET SET!**



**Breathe out naturally.**



**Bite the mouthpiece,  
then close your lips to  
make a seal.**

**3  
PUFF!**



**Press down once  
on the inhaler.**



**Inhale slowly, counting:  
1, 1000  
2, 1000  
3, 1000  
until your lungs are full**

**4  
INHALE!**



**Take the  
inhaler out.**



**Hold your breath  
and count to 10!**

**5  
HOLD,  
EXHALE!**



**Exhale.**

**Repeat all steps for each puff you are supposed to take!**

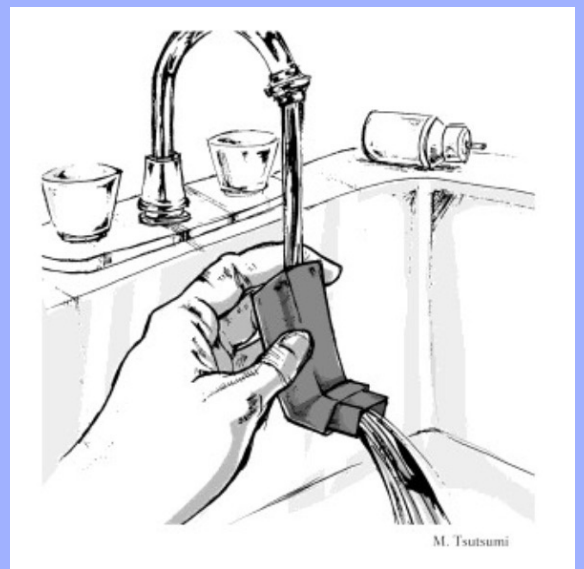
# AFTER INHALER USE WITHOUT A SPACER

**RINSE**



**SPIT**

**IF NEEDED, REMOVE  
THE CANISTER AND  
RINSE THE PLASTIC  
HOLDER**



**LET DRY OVERNIGHT  
OR COMPLETELY  
BEFORE PUTTING BACK  
TOGETHER**

