How to Use Your Inhaler and Spacer With Mask

1. Have your child stand up.

2. Take off the cap and make sure the opening is clean. Shake inhaler for FIVE seconds.

3. Put the inhaler into the spacer.

4. Cover your child’s mouth and nose completely with the mask.

5. Push the inhaler once so that the medicine sprays into the spacer tube.

6. Let your child take SEVEN slow, deep breaths while the mask stays on his or her face.

Take your time
The more slowly and deeply your child breathes in, the more medicine he or she will get.

Need two puffs?
Wait 60 seconds and repeat all steps.

- IF your inhaler is new
- IF you have not used your inhaler in two weeks
- IF you drop your inhaler

THEN: You need to “prime” your inhaler. Spray four puffs into the air before you use your inhaler.

Remember:
- ALWAYS use your inhaler with a spacer
- Keep track of your doses if there is no counter on your inhaler

For more information, visit www.ChildrensNational.org/IMPACTDC

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