1. Stand up.

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

3. Put inhaler into spacer.

4. Breathe out all the air in your lungs.

5. Put spacer in your mouth and close lips tightly around the mouthpiece. Spray one puff into spacer.

5. Take a slow deep breath in. If you hear a whistle, breathe slower. Do not breathe through your nose.

6. Take the spacer out of your mouth and hold your breath. Count to 10 slowly.

7. Breathe out slowly, like cooling soup on a spoon.

Need two puffs? Wait 60 seconds and repeat

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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