How to Use Your Diskus

1. Stand up.

2. Hold the Diskus flat like a hamburger. Put your thumb in the holder and push away until it clicks to uncover the mouthpiece.

3. Slide the lever back until it clicks. Remember to keep your Diskus flat like a hamburger.

4. Breathe ALL the air out of your lungs.

5. Put the Diskus in your mouth, keeping it flat like a hamburger. Take a big, deep, fast breath in.

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

7. Close the Diskus to cover the mouthpiece. Breathe out slowly, like cooling soup on a spoon.

8. Rinse mouth out with water and gargle. Do not swallow.

Remember:
- Store your Diskus in a cool, dry place
- Do not shake your Diskus
- Do not get your Diskus wet
- Do not blow into your Diskus

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

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