HOW TO USE YOUR INHALER AND SPACER

1. Have your child stand up.

2. Take off cap and make sure opening is clean.

   Shake inhaler for 5 seconds.

3. Put inhaler into spacer.

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

5. 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 2 puffs? Wait 60 seconds and repeat all steps.

Always use your inhaler with a spacer.

Keep track of your doses if there is no counter on your inhaler.

If your inhaler is new
If you have not used your inhaler in 2 weeks
If you drop your inhaler

Then
You need to “prime” your inhaler. Spray 4 puffs into the air before you use your inhaler.

For more information visit us: www.impact-dc.org

Adapted from MaineHealth Ah! Asthma Health Program

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