



How to Take Medicine from an Inhaler

- Shake the inhaler and insert it into the spacer
 - If your spacer does NOT have a mask, make sure your child breathes out all of the air in his/her lungs.
 - Have your child put the spacer in his/her mouth, OR cover your child's mouth and nose completely with the spacer's mask.
 - Push the inhaler so that the medicine sprays into the spacer tube.
 - If your spacer has a mouthpiece, make sure your child takes a **BIG, DEEP, SLOW** breath in and have your child hold his/her breath for 10 seconds.
 - If your spacer has a mask, make sure your child takes 6-7 slow breaths while the mask is on his/her face
- **Take your time!** The more slowly and deeply your child breathes in, the more medicine gets to the places it needs to go.
- **Whistles are bad.** If the spacer makes a whistling noise, it means that your child is breathing in too fast.