

How to use your inhaler and spacer



1. Take the cap off the inhaler



2. Shake the inhaler



3. Attach to spacer



4. Take the cap off the spacer



5. Breathe **OUT** all the way



6. Close lips around mouthpiece



7. Press down here



8. Breath **IN** slow and deep



9. Hold your breath for 10 seconds if you can. Then breathe out slowly



10. Rinse with water and spit OUT



If you need another puff of medicine, wait 1 minute then repeat steps 5-9

