

Spacer Technique

Use to teach proper spacer technique.

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HOW TO USE A SPACER WITH A MASK

1. Stand up.
2. Remove cap from inhaler.
3. Shake inhaler well.
4. Put the mouthpiece of the inhaler into the back of the spacer.
5. Hold the spacer and inhaler together.
6. Place the mask around your nose and mouth, and press the mask against your skin to create a good seal.
7. Tilt your head back or keep it level.
8. Press down once on the canister of the inhaler and take **six** normal breaths.
9. Remove the mask from your face.
10. Wait **one minute** before your next puff, then repeat steps 3-10 as needed. Follow your Asthma Action Plan.



Note: If your inhaler is new or you have not used it in the last week, press it four times before using it.

SLC21893_6.15