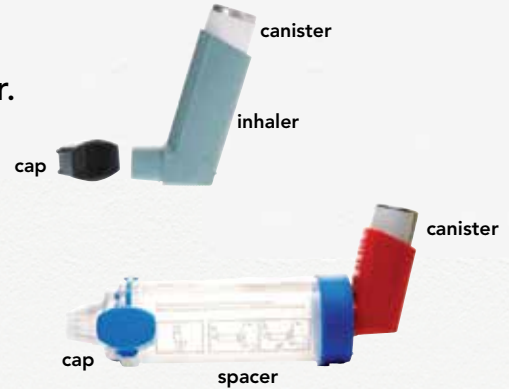


HOW TO USE A SPACER WITH A MOUTHPIECE

1. Stand up.
2. Remove cap from inhaler and spacer.
3. Shake the inhaler.
4. Put the mouthpiece of the inhaler into the back of the spacer.
5. Take a big breath and let it out.
6. Place the mouthpiece of the spacer between your teeth and close your lips around it.
7. Tilt your head back or keep it level.
8. Press down once on the inhaler canister and breathe in slowly and deeply.
9. Hold your breath and **count to 10** slowly.
10. Wait **one minute** before the 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. If the spacer whistles when you breathe in, you are breathing too fast. Breathe in slowly.

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