
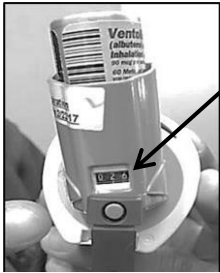


How to Use your Inhaler with a Spacer and Mask

 To watch video, go to: [DenverHealth.org/Asthma](https://www.denverhealth.org/asthma)



- If it is on zero (0), the inhaler is out of medicine.
- Get a new one as soon as possible.

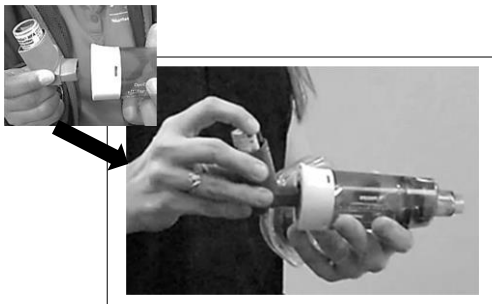


BEFORE you start, check the counter.

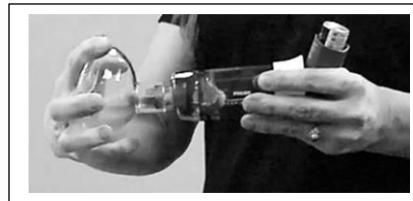
Prime the inhaler if needed (see boxes below).

1. Sit or stand up straight.

2. Take the cap off the spacer.



3. Connect the inhaler to the spacer.



4. Connect the mask to the spacer.



5. Shake the inhaler and spacer/mask straight up and down. Do at least 5 hard shakes.



6. Place mask firmly against child's face.



7. Push on the top of the inhaler to make it spray medicine.



8. Take 6 slow, deep breaths.

Make sure white flap goes up and down with each breath.

- If you hear a whistle sound, STOP.
- Breathe in more gently and slowly.

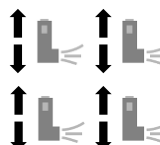
If you need **another puff** of medicine:

- Take a short break (15-30 seconds)
- **Repeat steps 5-8** (be sure to **SHAKE** the inhaler again!)



How to **"PRIME"** your inhaler (get it ready to spray the medicine)

For NEW inhalers:
Before using, shake AND spray the inhaler **4 times** into the air.



For inhalers you have used:
• If you drop your inhaler
• If you haven't used it for 7 days.
Before using again, shake AND spray the inhaler **2 times** into the air.

