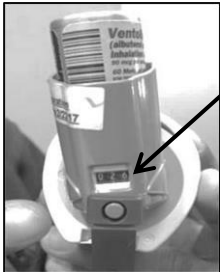


To watch video, go to:
[DenverHealth.org/Asthma](https://denverhealth.org/Asthma)



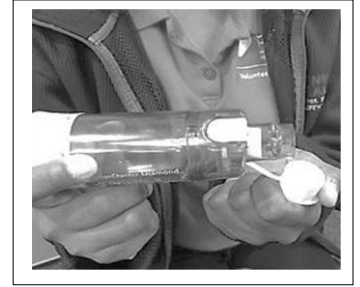
How to Use your Inhaler and Spacer



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



1. Sit or stand up straight.



2. Take the cap off the spacer.

BEFORE you start, check the counter.

Prime the inhaler if needed (see boxes below).



3. Connect the inhaler to the spacer.



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



5. Breathe **OUT** all of the air in your lungs.



6. Close your lips around the mouthpiece.



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



8. Breathe **IN** slowly and deeply over about 5 seconds.

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



9. Hold your breath for **10 seconds**.

If you need another puff of medicine:

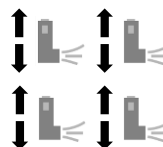
- Take a short break (15-30 seconds)
- **Repeat steps 4-9** (be sure to **SHAKE** the inhaler again!)



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.

