





## HOW TO USE YOUR INHALER AND SPACER With Mask



- 1. Have your child stand up.
- 2. Take off cap and make sure opening is clean. Shake inhaler for 5 seconds.



4. Push the inhaler once so that the medicine sprays into the spacer tube.



3. Put inhaler into spacer.



- **5.** Let your child take **seven** slow deep breaths while the mask stays on his or her face.
  - Take your time! The more slowly and deeply your child breathes in. the more medicine he or she will get.



**4.** Cover your child's mouth and nose completely with the mask.

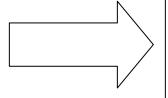
Need 2 puffs? Wait 60 seconds and repeat all steps.

Always use your inhaler with a spacer.

Keep track of your doses if there is no counter on your inhaler.

If your inhaler is new If you have not used your inhaler in 2 weeks

If you drop your inhaler



## **Then**

You need to "prime" your inhaler. Spray 4 puffs into the air before you use your inhaler.

For more information visit us: <a href="https://www.impact-dc.org">www.impact-dc.org</a>

Adapted from MaineHealth Ah! Asthma Health Program