

How to use your inhaler and spacer



Neighborhood
Health Plan™



1. Take the cap off the inhaler



2. Shake the inhaler



3. Attach to spacer



4. Take the cap off the spacer



5. Breathe **OUT** all the way



6. Close lips around mouthpiece



7. Press down here



8. Breath **IN** slow and deep



9. Hold your breath for 10 seconds if you can. Then breathe out slowly



If you need another puff of medicine, wait 1 minute then repeat steps 5-9



10. Rinse with water and spit **OUT**

