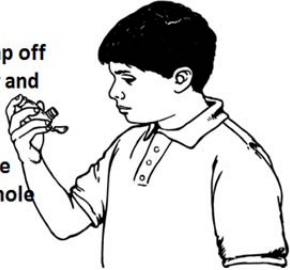




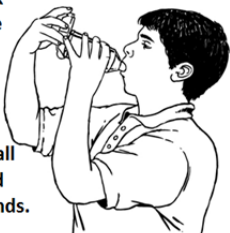






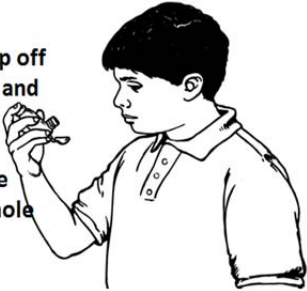









Know How to Use Your Asthma Inhaler

Using a metered dose inhaler with a spacer

<p>1</p> <p>Take the cap off the inhaler and make sure the mouthpiece and spray hole are clean.</p> 	<p>6</p> <p>Put the mouthpiece of the spacer in your mouth and above your tongue.</p> 
<p>2</p> <p>Shake the inhaler 10-15 times.</p> 	<p>7</p> <p>Close your lips around the spacer.</p> 
<p>3</p> <p>Put the inhaler mouthpiece into the end of the spacer.</p> 	<p>8</p> <p>Tilt your head back slightly toward the ceiling. Press the top of the inhaler to spray one dose of medicine. Slowly breathe in all the air you can and hold for 5-10 seconds.</p> 
<p>4</p> <p>Inhale a deep breath and breathe out all the way.</p> 	<p>9</p> <p>Open your mouth...</p> 
<p>5</p> <p>Hold the inhaler and spacer between your index finger and thumb.</p> 	<p>10</p> <p>...and breathe out slowly.</p> 

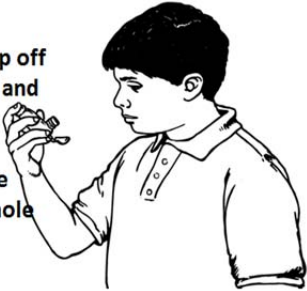








Know How to Use Your Asthma Inhaler

Using a metered dose inhaler one to two inches from mouth

<p>1 Take the cap off the inhaler and make sure the mouthpiece and spray hole are clean.</p> 	<p>6 With the spray hole one to two inches away from your mouth, begin to breathe in and press on the inhaler one time.</p> 
<p>2 Shake the inhaler 10-15 times.</p> 	<p>7 Continue to breathe in slowly.</p> 
<p>3 Without the inhaler, take a breath and ...</p> 	<p>8 Hold your breath for 5-10 seconds.</p> 
<p>4 ... breathe out all the way.</p> 	<p>9 Open your mouth...</p> 
<p>5 Hold the inhaler upright.</p> 	<p>10 ... and breathe out slowly.</p> 

Know How to Use Your Asthma Inhaler

Using a metered dose inhaler (inhaler in mouth)

<p>1</p> <p>Take the cap off the inhaler and make sure the mouthpiece and spray hole are clean.</p> 	<p>6</p> <p>Put the inhaler in your mouth, above your tongue, and between your teeth. Seal your lips around the inhaler.</p> 
<p>2</p> <p>Shake the inhaler 10-15 times.</p> 	<p>7</p> <p>Begin to breathe in slowly. Press down on the inhaler one time and keep breathing in.</p> 
<p>3</p> <p>Without the inhaler, take a breath and ...</p> 	<p>8</p> <p>Hold your breath for 5-10 seconds.</p> 
<p>4</p> <p>... breathe out all the way.</p> 	<p>9</p> <p>Open your mouth...</p> 
<p>5</p> <p>Hold the inhaler upright.</p> 	<p>10</p> <p>... and breathe out slowly.</p> 