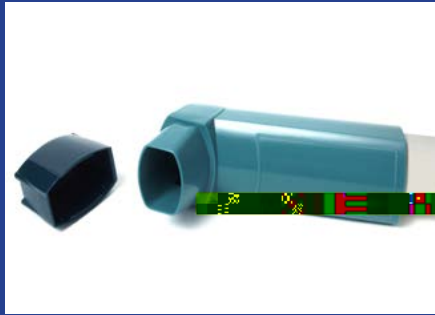
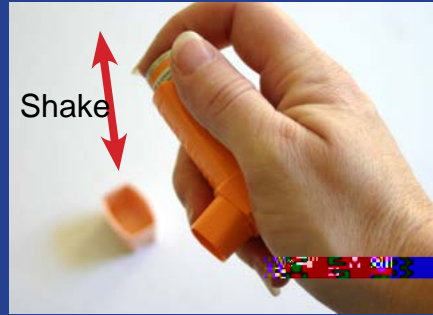


# How to use your inhaler and spacer



1. Take the cap off the inhaler



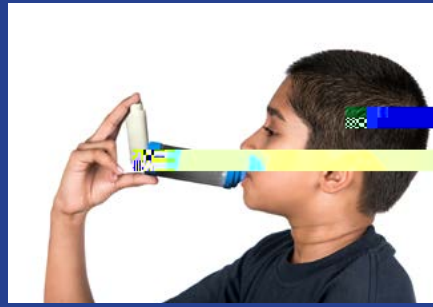
2. Shake the inhaler for 5 seconds



3. Attach to spacer and take cap off spacer



4. Breathe OUT all the way



5. Close lips around mouthpiece



6. Press down here



7. Breathe in **SLOWLY, DEEPLY**



8. 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.



9. Rinse with water and **SPIT OUT**

**LITTON  
OF ERIE**



**AMERICAN  
LUNG  
ASSO**