Always use your inhaler with a spacer.

- A spacer is a tool that makes your inhaler work better.
- A spacer works by slowing down the medicine so it can go into your lungs instead of hitting the back of your throat.
- Younger children and babies should use a spacer with a mask and follow these steps:

1. Get Your Medicine Ready
   - Shake the inhaler 8-10 times.
   - Take the caps off the inhaler and the spacer.
   - Connect the inhaler to the spacer.

2. Get Your Child Ready
   - Help your child stand or sit up straight.
   - Ask your child to breathe out to empty the lungs if he or she is old enough to do this.

3. Get the Medicine into the Spacer
   - Place the mask over the child’s nose and mouth, avoiding the eyes.
   - Press down on the inhaler once.

4. Get the Medicine into the Lungs
   - Ask your child to breathe in slowly and deeply. Do it with them like a game
   - Parent should count slowly to 10-20, or watch to be sure the child has inhaled 5 times, and then remove mask.
   - Wait about 1 minute before a second puff, if needed.
   - After the last dose, have your child rinse his or her mouth with water and spit it out.
   - Put the caps back on the inhaler and spacer.