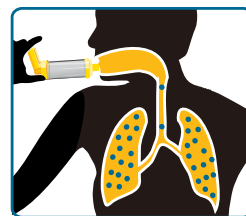


How to Use Your Inhaler With a Spacer and Mask

Always use your inhaler with a spacer.

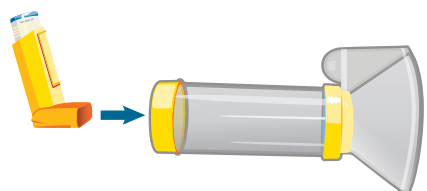
- A spacer is a tool that makes your inhaler work better.
- A spacer works by slowing down the medicine so it can go into your lungs instead of hitting the back of your throat.
- Younger children and babies should use a spacer with a mask and follow these steps:



with spacer



without spacer



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.