

How to properly use your inhaler

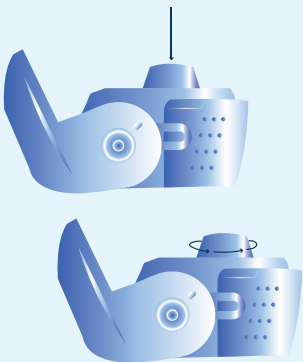
STEP 1

PREPARE THE INHALER.

If you use a puffer inhaler, give it a quick shake.

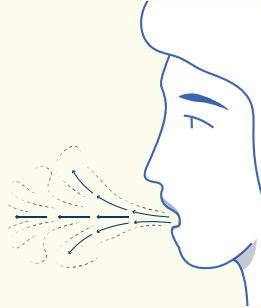


If you use a powder inhaler, click or twist to load the dose of medicine.



STEP 2

PREPARE YOURSELF.



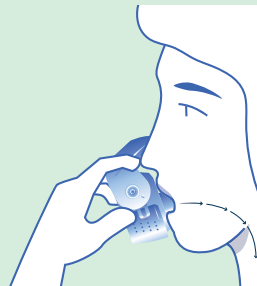
Breathe out all the air in your lungs away from the inhaler, and keep your tongue on the bottom of your mouth.

STEP 3

USE YOUR INHALER.



First, place your inhaler in your mouth, forming a tight seal with your lips. Next, if you use a puffer inhaler, click the button at the beginning of a slow, deep breath.

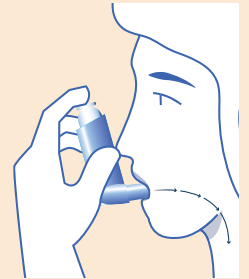


If you use a powder inhaler, simply breathe fast and deep.

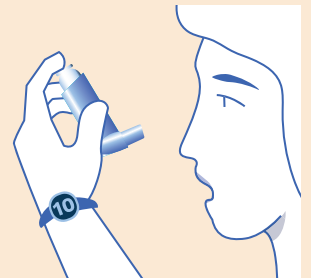
STEP 4

HOLD YOUR BREATH.

After inhaling all your medicine, hold your breath.



Try to do so for 10 seconds before breathing out.



AND DON'T FORGET

If you have any questions, just ask your family doctor.

[familydoctor.org](https://www.familydoctor.org)