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## How to Use an Inhaler When Your Child <u>Can</u> Hold Their Breath

Using the inhaler the right way will help make sure the medicine gets into your child's lungs. If you are not sure, ask your provider to show you how.

## Spacer Inhaler Inhaler Spacer Spacer Ow.

## How do I prime the inhaler?

Most inhalers **need to be primed. Priming** is a way to mix the medicine in the inhaler so your child gets the right dose. Prime your child's inhaler before you use it for the first time. Follow manufacturer instructions for priming your child's inhaler.

## How do I use the inhaler to give medicine?

- **1**. Take the cap off the inhaler and shake it for 5 seconds.
- **2.** Put the inhaler in the back of the spacer.



**5.** Have them put their lips on the mouthpiece and make a tight seal.



**3**. Take off the spacer cap.



**6.** Press the canister 1 time, and have your child breathe in slow and steady until their lungs are full.



**4.** Before your child uses the

inhaler, have them breathe all the air out of their lungs until their lungs feel empty.



**7**. Have your child hold their breath for 10 seconds. Wait 1 minute between each puff of medicine ordered.





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