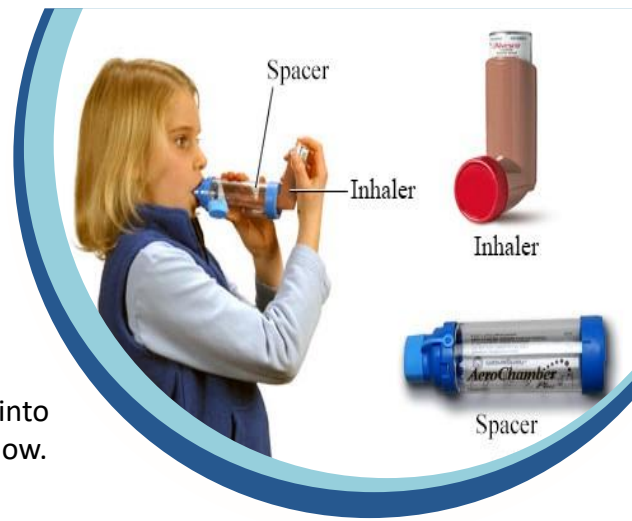


# How to Use an Inhaler When Your Child Can Hold Their Breath

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.



## 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.



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



**4.** Before your child uses the inhaler, have them breathe all the air out of their lungs until their lungs feel empty.



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



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



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

