

How to Use a Mask Inhaler with Young Children

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.

Very young children cannot use an inhaler on their own. They need:

- A mask holding chamber (some holding chambers have masks attached and others have a detachable mask)
- An adult to hold and use the inhaler, mask and holding chamber.

Help your child get used to the mask. Give them a lot of verbal praise for doing a good job and wearing the mask.

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 my child 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. Gently put the mask over your child's nose and mouth.
4. Make a good seal.
5. Do not press down tightly on your child's face.
6. Press the canister 1 time.
7. Watch your child take **4 breaths in and out slowly**.
8. Take the mask off your child's face, and give them lots of praise. Wait 1 minute between each puff of medicine ordered.

