

# How to Take Your Inhaler Medicines Spacer With a Face Mask



1. Take off the inhaler cap, and make sure the opening is clean. Shake the inhaler for five seconds.



2. Put the inhaler into the open end of the spacer.



3. Put the mask over the nose *and* mouth. Press against the face gently so no air or medicine escapes.



4. Spray one puff of medicine, and hold the mask in place.



5. Breathe in and out six times.

**It is best to use an inhaler with a spacer, so more medicine will get into the lungs.**

**If you use more than 1 puff of medicine, wait at least 60 seconds between puffs.**

## To prime your inhaler:

- If the inhaler is new, follow the package insert instructions before use.
- If the inhaler has been used, follow the package insert for repriming instructions. For example: when the inhaler has not been used for three days, it may need to be primed again. Every inhaler may have different instructions.

## To clean your spacer:

- Take the medicine canister out, and put it to the side.
- Wash the spacer in warm, soapy water.
- Rinse and let it dry on a towel.
- When they are dry, put all the pieces together.