



Using Your Inhaler with Spacer and Mask

Follow these steps to use your inhaler correctly

1. Shake inhaler.
2. Insert inhaler in back of spacer with slit at the top.
3. Place mask on face to make a tight seal around the nose and mouth.
4. Spray one time and take 10 breaths in and out of the spacer to make sure to get the most medication possible.
5. Watch your child's chest rise and fall or watch the indicator go up and back to know that 10 breaths are taken.
 - **Take one puff at a time.**
 - **You must repeat steps 3, 4 and 5 to take another puff.** Do not spray 2 puffs one after the other. This wastes one puff of medication.



Follow cleaning instructions on page 2.

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Cleaning instructions

It is important to clean your spacer at least one time a week. This helps make sure you get the correct amount of medication.

- 1.** Remove cap, valve, and rubber casing from spacer.
- 2.** Soak mask and all pieces (chamber, cap, valve and rubber casing) in warm water for 15 minutes with a tablespoon of vinegar.
- 3.** Rinse with warm water.
- 4.** Let air dry on top of clean towel or paper towels.
Do not put paper towels or any kind of towels into the spacer to dry it. This will make static electricity and stops the medication from getting into the lungs.

Do not run out of medication

- Keep a watch on the number of doses left in your inhaler.
- **When you have used about half of the doses, call to get a refill.**

**For questions and resources, call 1 (833) 327-8462.
www.SouthSideKidsAsthma.org**