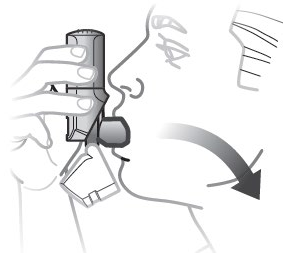
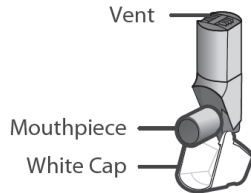




## Using Your RediHaler™

### Follow these steps to correctly use your RediHaler

1. You do not need to shake your RediHaler™.
2. Remove the cap from the mouthpiece.
3. Breathe out normally away from the RediHaler™.
4. Place the mouthpiece in your mouth behind your teeth and seal your lips tightly around the mouthpiece.
5. Make sure your hand does not cover the vent on the top of the inhaler.
6. Keep the RediHaler™ upright and take one deep breath.
7. Move the RediHaler™ away from your mouth and hold your breath for 10 seconds.
8. Turn your head and breathe out.
9. Put the cap back onto the mouthpiece. This must be done to make sure the next puff comes out correctly.
10. Repeat steps 1 through 9 for each inhalation or puff the doctor ordered.
11. Brush your teeth or rinse your mouth out with water after use. Do not swallow the water.



### Cleaning instructions

1. Remove cap from RediHaler™.
2. Use a clean, dry tissue or cloth to clean the mouthpiece.
3. Do this one time every week.
4. **Do not** wash or get any part of the RediHaler™ wet.
5. Replace the cap after you clean the mouthpiece.

### Keep your RediHaler in a dry place

- Keep the cap on the RediHaler™ at all times.
- Do not keep your RediHaler™ in rooms that get very warm.
- Do not get the RediHaler™ wet. Keep away from moist areas.

### Do not run out of medicine

- When the dose counter changes to the number 20, the numbers will turn red.
- **When the numbers are in red, it is time to get a refill.**
- Throw the RediHaler™ away when the number changes to zero.



**For questions and resources, call 1 (833) 327-8462. [www.SouthSideKidsAsthma.org](http://www.SouthSideKidsAsthma.org)**