

Breathe Well...

Community is important, and so is exercise. Learn how to use your inhaler to prevent or treat an asthma attack so you can get back to doing things you love.

(This sheet is a coloring page! Feel free to add your own colors and designs.)



HOW TO USE A METERED-DOSE INHALER



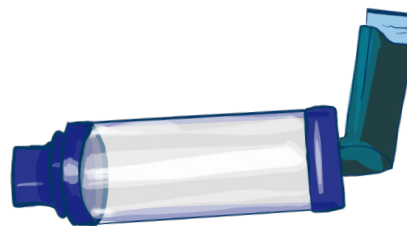
Community is important, and so is exercise. Learn how to use your inhaler to prevent or treat an asthma attack so you can get back to doing the things you love.

Always read and follow the instructions that come with your inhaler. Using the inhaler correctly allows for an accurate dosage of medicine.

1. Take off the cap. Shake the inhaler. Prime the inhaler, if needed.
2. If you use a spacer, put the inhaler in the rubber ring on the end of the spacer.
3. Stand up or sit up straight.
4. Breathe out completely to empty your lungs.
5. Place the mouthpiece in your mouth and close your lips around it to form a tight seal.
6. As you start to breathe in, press firmly on the top of the medicine canister to release one “puff” of medicine. Continue to breathe deeply and slowly for 3 to 5 seconds.
7. Hold your breath and count to 10.
8. Release your breath.
9. If your action plan says to take more than 1 puff of medicine, wait 1 minute between puffs. Repeat steps 3 through 8 for each puff you need to take.
10. Put the cap back on the inhaler.
11. If your medicine is an inhaled corticosteroid, rinse your mouth with water and spit it out. Rinsing will help to prevent an infection in the mouth.



Metered-dose inhaler.



Metered-dose inhaler spacer.