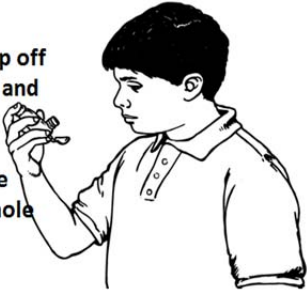










Know How to Use Your Asthma Inhaler

Using a metered dose inhaler (inhaler in mouth)

<p>1</p> <p>Take the cap off the inhaler and make sure the mouthpiece and spray hole are clean.</p> 	<p>6</p> <p>Put the inhaler in your mouth, above your tongue, and between your teeth. Seal your lips around the inhaler.</p> 
<p>2</p> <p>Shake the inhaler 10-15 times.</p> 	<p>7</p> <p>Begin to breathe in slowly. Press down on the inhaler one time and keep breathing in.</p> 
<p>3</p> <p>Without the inhaler, take a breath and ...</p> 	<p>8</p> <p>Hold your breath for 5-10 seconds.</p> 
<p>4</p> <p>... breathe out all the way.</p> 	<p>9</p> <p>Open your mouth...</p> 
<p>5</p> <p>Hold the inhaler upright.</p> 	<p>10</p> <p>... and breathe out slowly.</p> 