Know How to Use Your Asthma Inhaler
Using a metered dose inhaler one to two inches from mouth

1. Take the cap off the inhaler and make sure the mouthpiece and spray hole are clean.

2. Shake the inhaler 10-15 times.

3. Without the inhaler, take a breath and ...

4. ... breathe out all the way.

5. Hold the inhaler upright.

6. With the spray hole one to two inches away from your mouth, begin to breathe in and press on the inhaler one time.

7. Continue to breathe in slowly.

8. Hold your breath for 5-10 seconds.

9. Open your mouth...

10. ... and breathe out slowly.