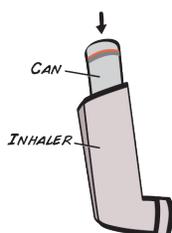


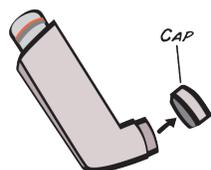
Using Your Asthma Medicine

Make sure to follow all the steps listed below when you take your medicine with an inhaler.

- 1.** Put the can in the inhaler.



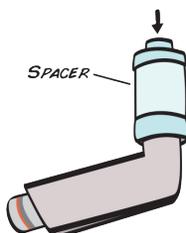
- 2.** Take the inhaler cap off.



- 3.** Shake the inhaler for about 5 seconds.



- 4.** Put the inhaler into the spacer.



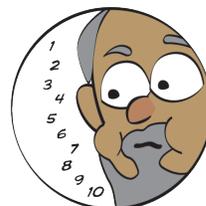
- 5.** Breathe out. Put the spacer in your mouth & put your lips around the mouth piece.



- 6.** Push the top of the inhaler and breathe in slowly for 3-5 seconds.



- 7.** Hold your breath as you count to 10 slowly. Breathe out.



- 8.** After using your inhaler, rinse your mouth with water, gargle and spit out.



Sometimes you may need to take your medicine a different way. Your provider will let you know.



Important Tip: These instructions are for taking medicine with an inhaler. Talk to your provider if you have to take a different medicine.



Do you have health questions?

Call our 24-hour Nurse Advice Line. We are here to help you.



English: **(888) 275-8750**

Español: **(866) 648-3537**
(TTY/TDD: 711)

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