

USING A METERED DOSE INHALER

Stand up

This lowers the diaphragm and allows for better lung expansion

Shake the inhaler well

Some inhalers have much larger particles than others, shake for 15-30 sec.

Place the spacer device on the inhaler

Spacers assist in depositing medications into lungs and not onto tongue

Breathe out to the end of a normal breath

Tilt chin up

Raising the chin helps to open the airway, do not hyper-extend

Place spacer tube in mouth

Be sure to seal lips around the tube

Activate inhaler

Inhale slowly and deeply over 5 seconds

Be sure camper doesn't use their nose

Hold breath for 10 seconds

If possible, this gives time for the particles to travel deeper into the lungs before exhaling

Wait for 2-5 minutes before next puff

Sip water after all doses are taken