How to use your inhaler with spacer and mask

Neighborhood Health Plan™

1. Take the cap off the inhaler

2. Shake the inhaler

3. Attach to the spacer

4. Sit up straight, place mask over nose and mouth

5. Press down here. This puts medicine into the spacer

6. Breathe in and out six times

2:50.

2:51

If you need another puff of medicine, wait one minute then repeat steps 4-6

7. Rinse with water and spit **out**