

Using an Inhaler



This is a story of how I will use my inhaler.
Using my inhaler is one of the ways that I stay
healthy! My inhaler helps me stay healthy by
helping my lungs breathe better.



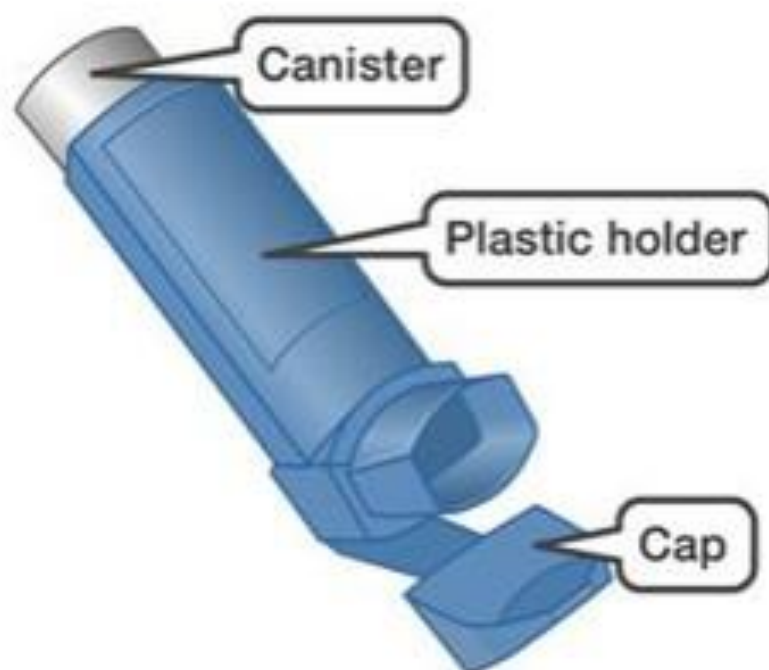
When I'm healthy, I can do my favorite things! I
can play, do my schoolwork, and have fun with
my friends.



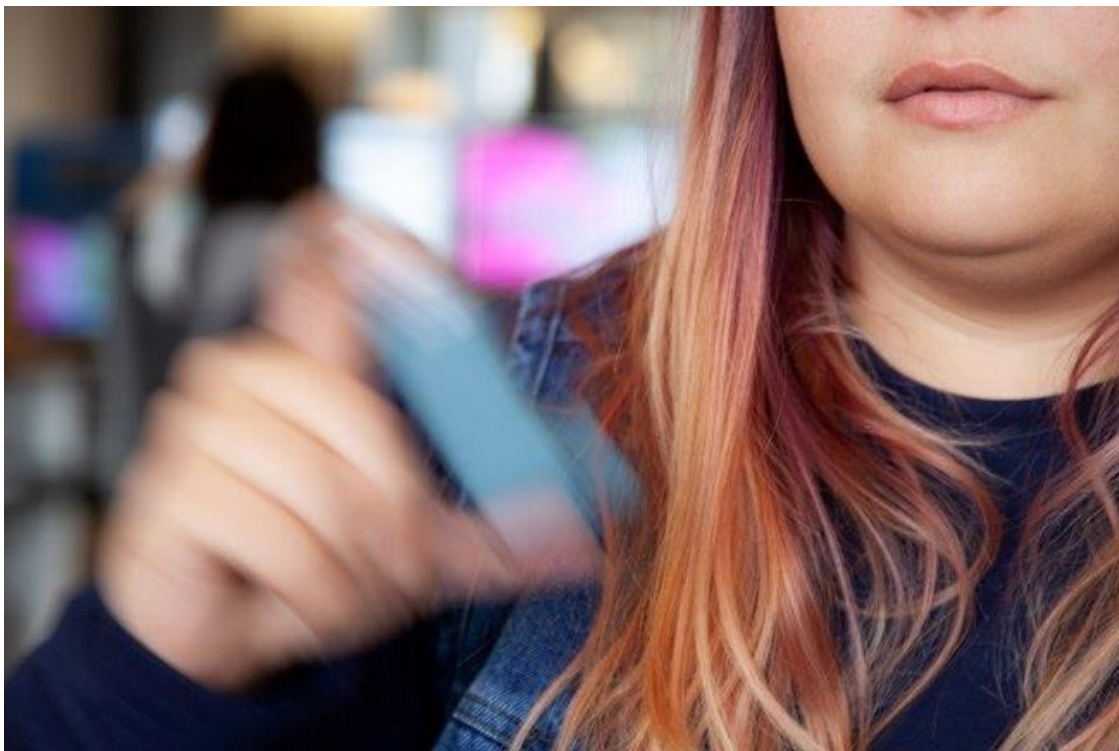
Using my inhaler is a tricky process, and I might need an adult to help me through the steps.



This first step is easy, all I have to do is remove
the cap from the inhaler!



The next step is a lot of fun! Shake up the
inhaler!



After I shake up the inhaler, I might have to add a spacer to my inhaler if my doctor tells me to. A spacer looks like this:



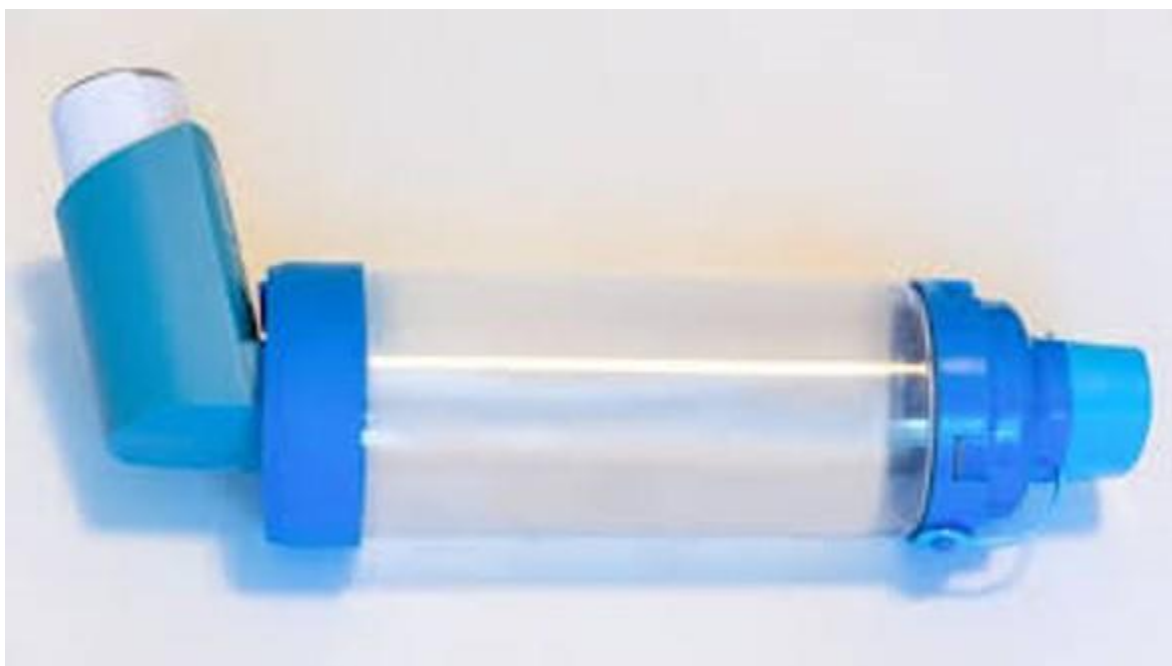
The Spacer might look a little bit scary, but I know it will help keep me healthy.



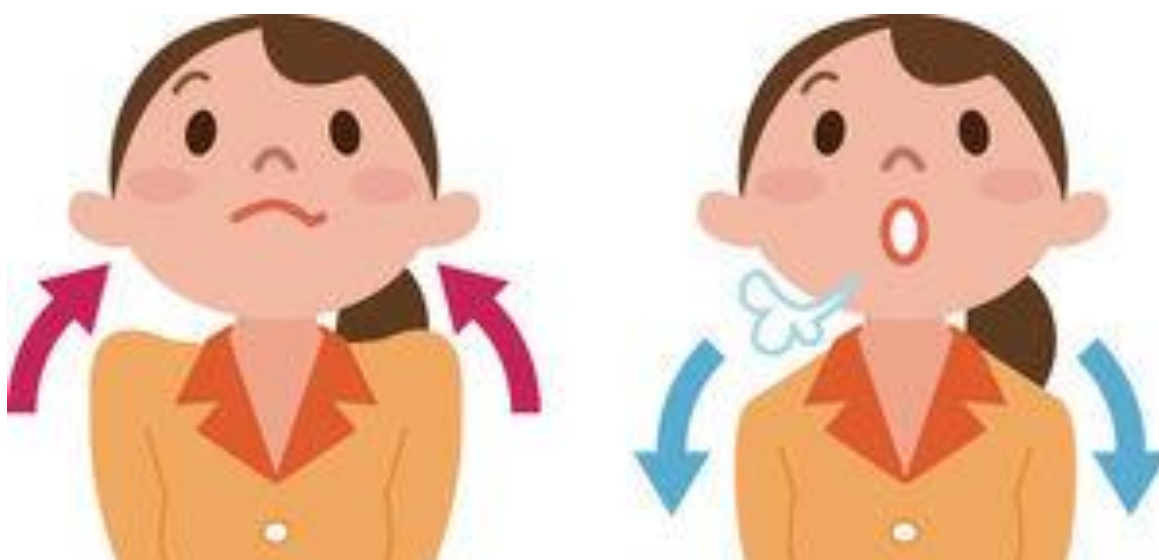
To attach the spacer, I put the mouthpiece of the inhaler into the rubber sealed part of the spacer.



If I my spacer right, it will look like this:



For the next step I will sit or stand up straight and tilt my head back just a little bit. Then, I will breathe out all the way.



Before breathing in again, I will put the inhaler in my mouth and press down on the button.



As soon as I press down on the button, I will breathe in slowly for 4 seconds. Sometimes it helps to have an adult count out four seconds for me.



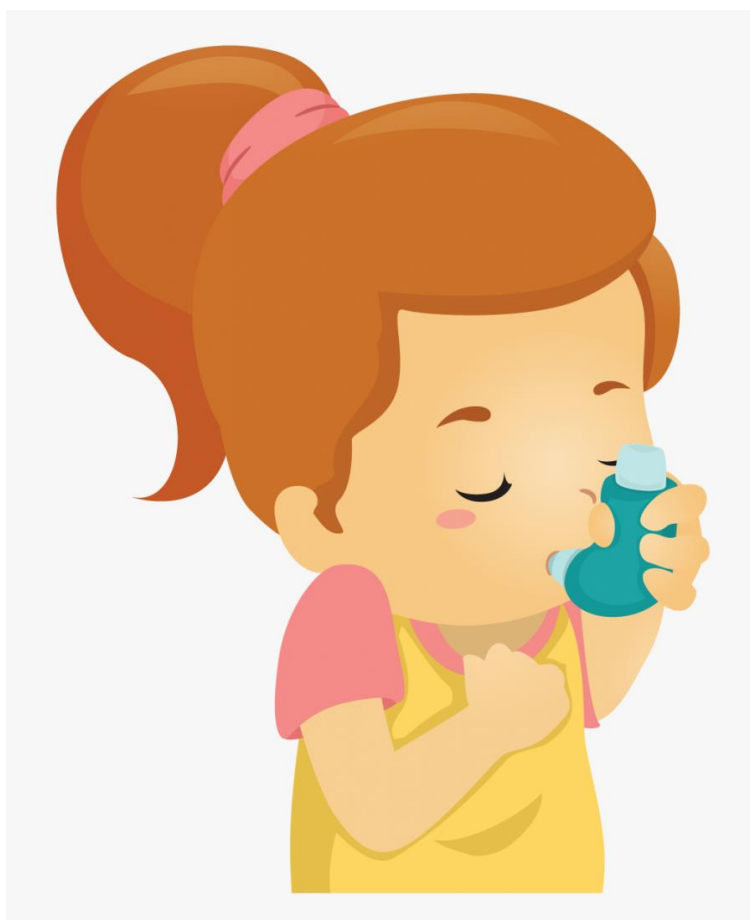
Once my 4 seconds of breathing in are over, I will remove the inhaler from my mouth, but I will keep my mouth closed.



I have to make sure to hold my breath for ten seconds after the inhaler leaves my mouth so that the medicine works well. After I've held my breath, I will breathe out slowly.



Once I have completed this final step, I have done one “puff”. I will make sure to do the number of puffs that I am supposed to do.



I did a great job learning how to use
my inhaler!

