How to use the diskus









1. Hold it like this



2. Put your thumb here



3. Push thumb this way to open



4. Here is the mouth piece



5. Put your thumb on this lever



6. Push back to click open



7. Window is open, medicine is inside **Do NOT shake**



8. Breath **OUT and away** from the diskus



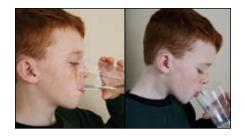
9. Close lips around the mouthpiece **Breathe IN fast and deep**



10. Hold your breath for 10 seconds if you can



11. Close the diskus



12. Rinse with water and spit out