# How to use your nebulizer with facemask

**Neighborhood Health Plan**™

1. Wash your hands
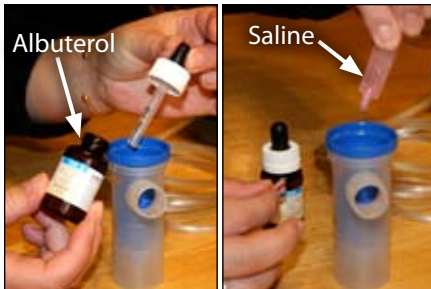
2. Put the nebulizer machine on a flat, steady surface
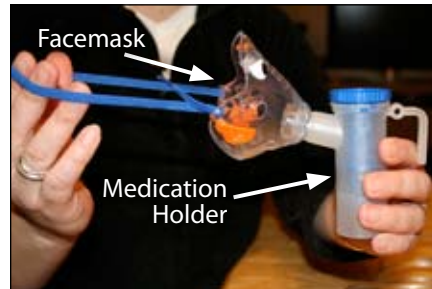
3. Plug into outlet

4. Connect one end of the tubing to the nebulizer

Albuterol    Saline

5. Add medicine **and** saline **OR**
Add premixed medication alone →

Facemask

Medication Holder

6. Attach facemask to the medication holder

7. Connect the other end of the tubing to the medication holder

8. Turn on the nebulizer machine

9. Place facemask over nose and mouth. Take **slow deep** breaths through your **MOUTH**

**WRONG! Do NOT hold in front of face**

10. When finished, wash parts in soapy water and rinse

11. Allow parts to air dry