

# U S I N G   Y O U R   I N H A L E R

Watch your child take medicine. Make sure that your child is following your doctor's instructions for using that medicine. Give praise when the medicine is taken correctly. Correct any behavior that needs fine-tuning.

**1.** First...remove cap. Hold the inhaler upright.

**2.** Shake the inhaler.

Have your child tilt her/his head back slightly—if you are standing and your child is standing, ask your child to look into your eyes.

**3.** Ask your child to breathe out slowly.

Have your child position the inhaler in one of the following ways (A or B are best, but C is okay if your child has difficulty with A or B; C is required for breath-activated inhalers).

**NOTE:**

*Inhaled dry powder capsules require a different inhaler technique. To use a dry powder inhaler, it is important to close the mouth tightly around the mouthpiece and to inhale rapidly.*

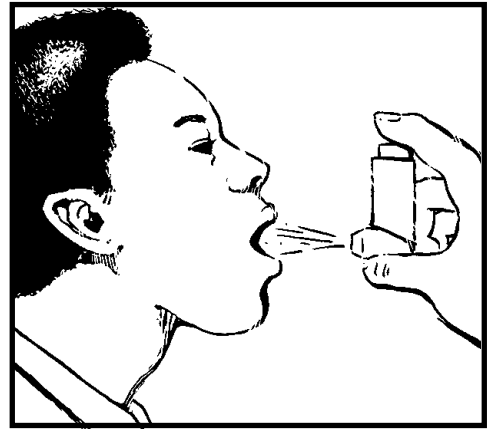
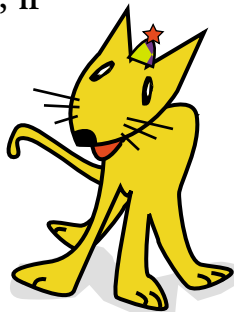
**4.** Press down the inhaler at the same time that you breathe in slowly. (For a young child you may need to press down on the inhaler when s/he breathes in.) Have your child count to five seconds on his/her fingers while breathing in.

Have your child hold her/his breath for about ten seconds.

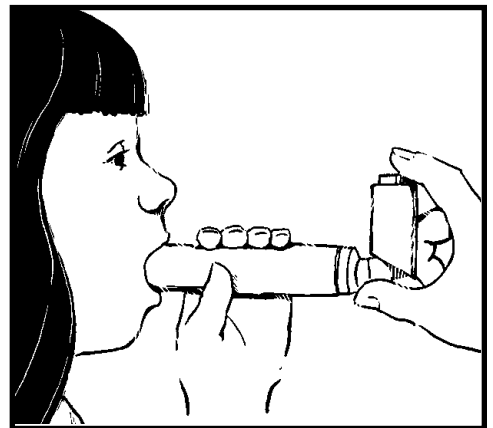
**5.** Wait one minute before a second puff, if recommended by your child's doctor.

**NOTE:**

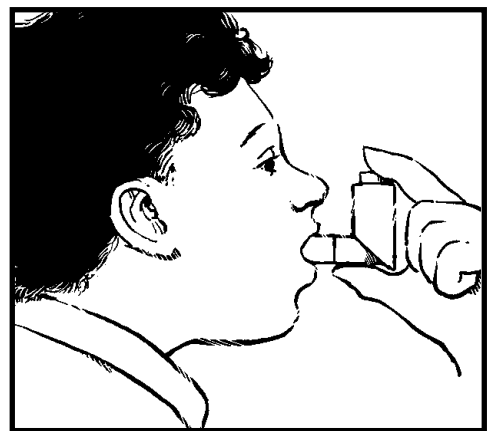
*Spacers/holding chambers are useful for young children. (See Figure B at right.)*



**A** Open mouth with inhaler one to two inches away.



**B** Use spacer/holding chamber (especially for young children or when using corticosteroids).



**C** In the mouth. Do *not* use for corticosteroids.