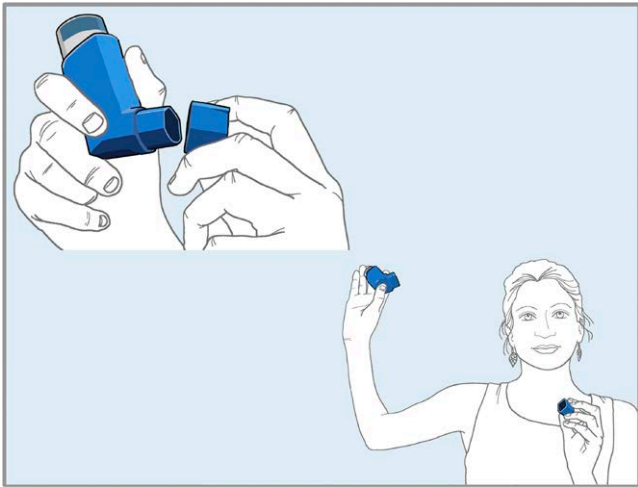
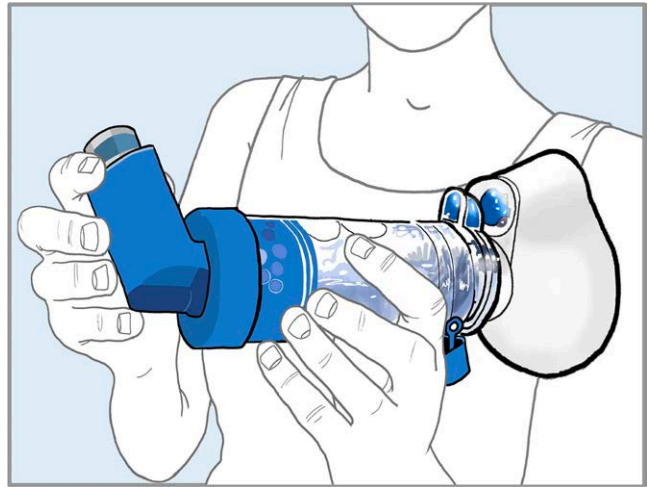


Getting to grips with good inhaler and spacer technique

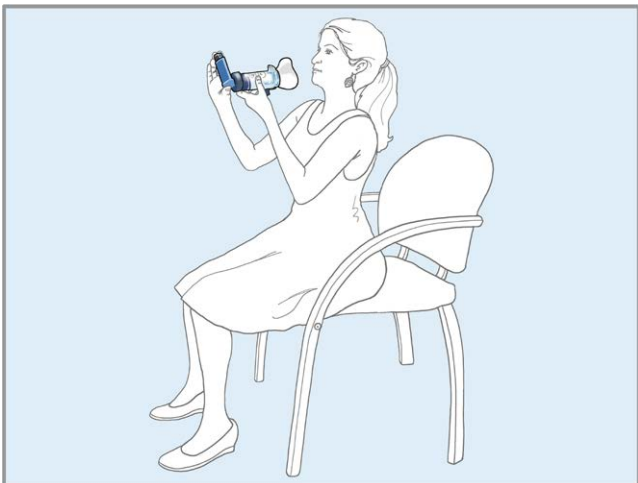
Continuous (Tidal) Breathing for Adults Using a Spacer with Mask



1. Take caps off inhaler and spacer. **Shake** inhaler.



2. Keep inhaler upright and **fit** into the spacer.



3. Sit or stand with your **chin up** - it's easier.



4. Place spacer mask over your nose and lips, and apply light pressure to ensure a good **seal**. Press inhaler once and take 5 normal breaths. Repeat if necessary.



5. If help is needed ask your care giver for support.