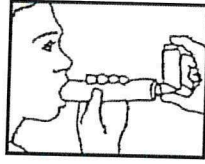


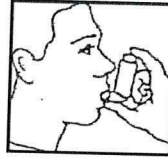
How to use an Inhaler



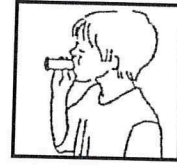
A) OPEN MOUTH



B) WITH SPACER



C) CLOSED MOUTH



D) DRY POWDER INHALER

1. Remove the cap and hold inhaler upright as shown.
2. Shake the inhaler.
3. Tilt head back slightly and breathe out slowly.
4. Position the inhaler in one of the following ways:

USE IMAGES ABOVE

- A. Open mouth with inhaler 1 to 2 inches away from mouth.
 - B. Use a spacer/holding chamber.
 - C. In the mouth. Do not use for corticosteroids-Acceptable for those who have difficulty with A or B. C is required for breath-activated inhalers.
 - D. Note-When using a dry powder inhaler, it is important to close the mouth tightly around the mouth-piece and to inhale rapidly.
5. Press down on the inhaler to release medicine as you start to breathe in slowly.
 6. Breathe in for at least 3-5 seconds.
 7. Hold your breath for at least 10 seconds. This allows the medicine to reach deeply into the lungs.
 8. Repeat puff as directed. Wait at least 1 minute between puffs.