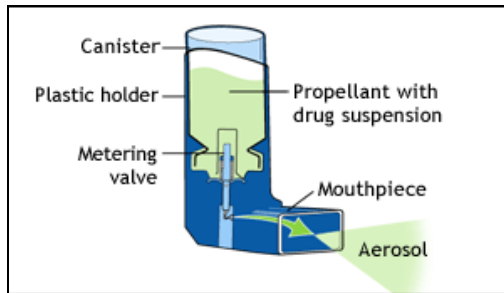


Proper use of inhalers and spacers



Use of a Metered Dose Inhaler without a Spacer

Most asthma rescue medications come in the form of metered dose inhalers (MDI). A metered dose inhaler is a pressurized canister of medicine that is sprayed through a mouthpiece. You can help a student follow these simple steps to properly use their MDI.¹⁰

1. Remove cap and shake inhaler
2. Tilt head back and breathe out
3. Hold the inhaler two finger widths away from open mouth
4. Compress the canister
5. Breathe in slowly for 3-5 seconds
6. Hold breath for 5-10 seconds
7. Wait at least one minute and repeat puffs as recommended by healthcare provider

For more information on using MDIs, visit www.aafa.org

Proper use of a Metered Dose Inhaler with a Spacer

Some students will take their rescue medication using a spacer. A spacer is an attachment for the inhaler that makes it easier to use and can help the student inhale more medication. To properly use a spacer:¹⁰

1. Remove the mouthpiece, attach the spacer to the MDI and shake 4-5 times
2. Take in one breath and exhale
3. Close lips firmly around the spacer mouthpiece
4. Press the inhaler and immediately breathe in through your mouth, slowly and deeply
5. Hold your breath for five to ten seconds, take spacer away from mouth and breathe out normally; repeat puffs as recommended by healthcare provider

For more information on the use of spacers, visit <http://www.aafa.org/media/Quick-Asthma-Spacers-Card.pdf>

