

How to use your inhaler and spacer



1. Take the cap off the inhaler



2. Shake the inhaler



3. Attach to spacer



4. Take the cap off the spacer



5. Breathe **OUT** all the way



6. Close lips around mouthpiece



7. Press down here



8. Breath **IN** slow and deep



9. Hold your breath for 10 seconds if you can. Then breathe out slowly



If you need another puff of medicine, wait 1 minute then repeat steps 5-9



10. Rinse with water and spit **OUT**



How to use your inhaler with spacer and mask



1. Take the cap off the inhaler



2. Shake the inhaler



3. Attach to the spacer



4. Sit up straight, place mask over nose and mouth



5. Press down here. This puts medicine into the spacer



6. Breathe in and out six times



If you need another puff of medicine, wait one minute then repeat steps 4-6



7. Rinse with water and spit **out**



How to use your nebulizer



Neighborhood
Health Plan™



1. Wash your hands



2. Put nebulizer machine on flat, steady surface



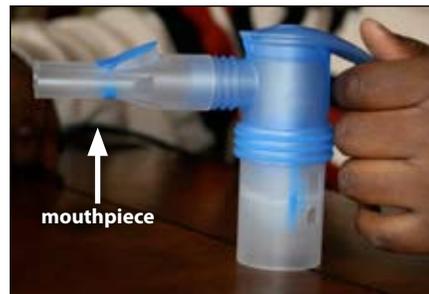
3. Plug into outlet



4. Connect one end of tubing to the nebulizer



5. Add medication



6. Attach mouthpiece to the medication holder



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



8. Turn on the nebulizer machine



WRONG! Do NOT hold mouthpiece in front of face



9. Put lips around mouthpiece. Take **slow, deep** breaths through your **MOUTH**



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



11. Allow parts to air dry

How to use your nebulizer with facemask



Neighborhood Health Plan™



1. Wash your hands



2. Put the nebulizer machine on a flat, steady surface



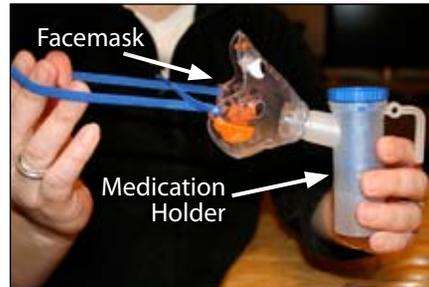
3. Plug into outlet



4. Connect one end of the tubing to the nebulizer



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



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