

How to Use a Spacer with a Mask

1. Shake the inhaler.
2. Remove the cap from the inhaler.
3. Put the inhaler into the opening at the end of the spacer.
4. Have your child stand up.
5. Place the mask over the child's nose and mouth.
6. Spray 1 puff into the spacer.
7. Keep the mask over their nose and mouth for 6 breaths.
8. Wait one minute and repeat steps 1-7 for each puff.



Allies Against Asthma



Developed by the Consortium for Infant and Child Health's (CINCH)
Allies Against Asthma Work Group

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