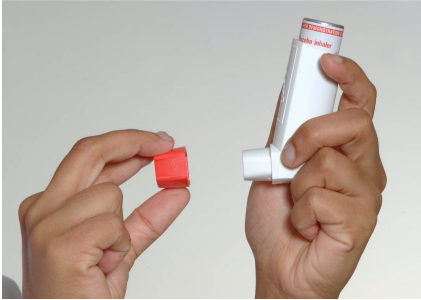


USING YOUR INHALER



1. Sit up straight and remove cap.



2. Shake inhaler.



3. Hold Inhaler upright between your finger and thumb as in the picture.

4. Breathe out as far as comfortable.



5. Seal your lips around the mouthpiece.

6. As you start breathing in press down slowly and firmly on top of the inhaler and continue to breathe in deeply.



7. Try to hold your breath for a count of 10.

- ◇ If your dose is 2 puffs, repeat Steps 2 – 7.
- ◇ When possible use your inhaler with a spacer.
- ◇ Weekly remove canister from plastic holder. Wash the plastic holder especially where the medication comes out.