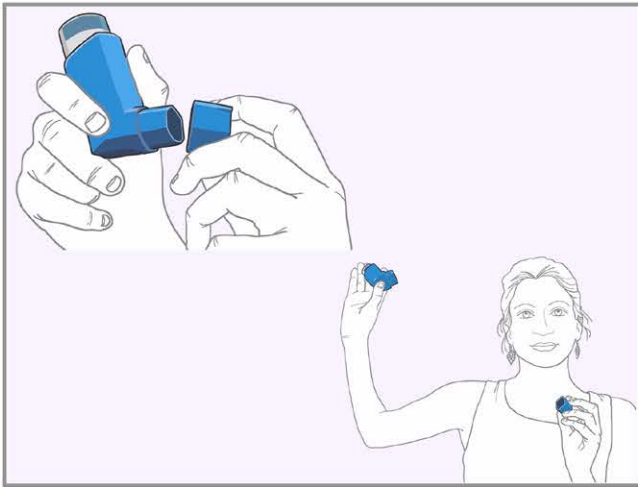
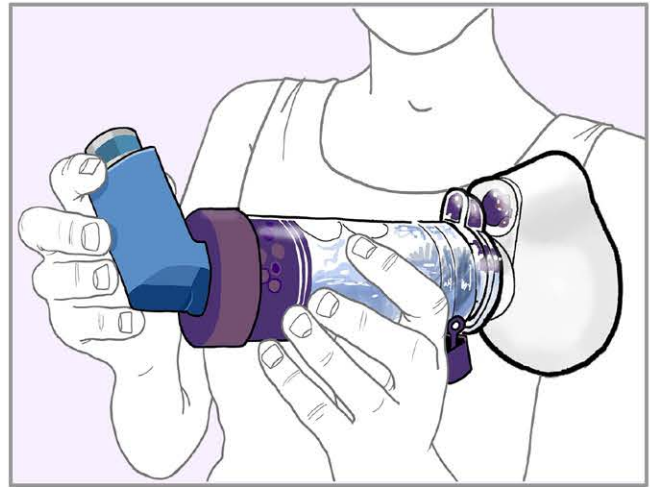


Getting to grips with good inhaler and spacer technique

Single Breath Inhalation Using Spacer with Mask



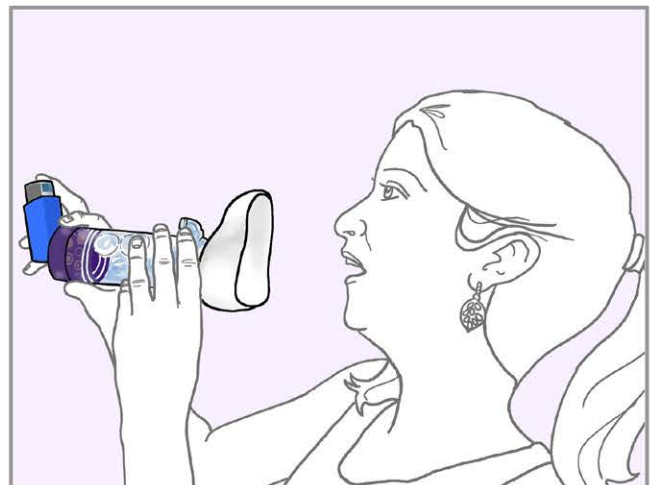
1. Take caps off inhaler and spacer. **Shake** inhaler.



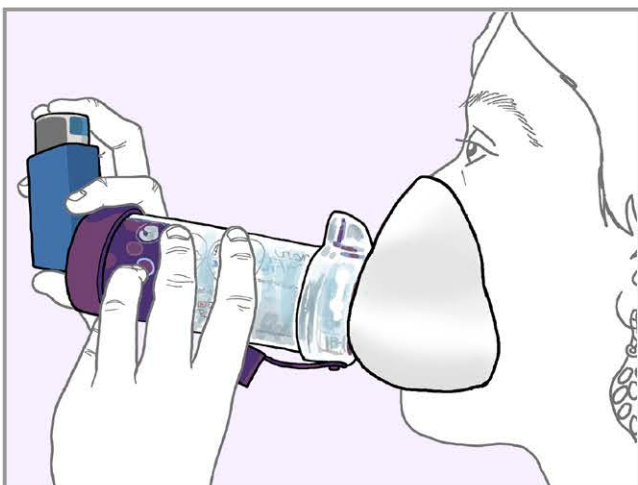
2. Keep inhaler upright and **fit** into the spacer.



3. Sit or stand with your **chin up** - it's easier.



4. **Breathe out.**



5. Place spacer mask over your nose and lips, and apply light pressure to ensure a good **seal**.



6. Start to breathe in slowly through your mouth, press the inhaler once and **continue to breathe in**, then **hold your breath** for as long as you can. Repeat if necessary.