



1. Open the device by pulling down the inhaler cover.



2. Hold the inhaler straight up ↑ and push the lever down ← to the end of the arrows.



3. Breathe out away from the device.



4. Put the mouthpiece in your mouth and close your lips tightly.



5. Breathe in quickly and deeply.



6. Hold your breath for 10 seconds.



7. Breathe out slowly.



8. Close the cover by pushing the mouthpiece cover up.



9. Rinse with water and spit it out.

Proper inhalation technique is important when taking your asthma medicine(s) and monitoring your breathing. Make sure to bring all your medicines and devices to each visit with your primary care provider or pharmacist to check for correct use, or if you have trouble using them.

For more videos, handouts, tutorials and resources, visit [Lung.org](https://www.lung.org).

Scan the QR Code to access How-To Videos



You can also connect with a respiratory therapist for one-on-one, free support from the American Lung Association's Lung Helpline at **1-800-LUNGUSA**.