

# How do I use my HandiHaler<sup>®</sup>?

## CUE WORDS

1. **Open** dust cap.
2. **Open** mouthpiece.
3. **Place capsule** in centre chamber.
4. **Close** mouthpiece until hear click.
5. **Hold** HandiHaler<sup>®</sup> up and **press** green button once and release.
6. **Breathe out** completely away from mouthpiece.
7. **Place** mouthpiece in lips and breathe in **slowly** and **deeply**.
8. **Breath hold** for 5-10 seconds.
9. **Exhale**.
10. **Close** dust cap.
11. **Wash** hands.



THE  LUNG ASSOCIATION™  
When you can't breathe, nothing else matters.

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ASTHMA TRAINING & EDUCATOR COURSE and COPD TRAINING & EDUCATOR COURSE

**Handihaler<sup>®</sup>**

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