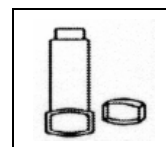


# How do I use my Metered-Dose Inhaler (MDI)?

## CUE WORDS

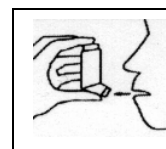
1. **Remove cap.**



2. **Shake well.**



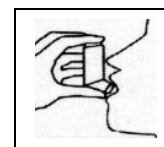
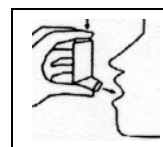
3. **Breathe normally & slowly.**



4. **Breathe out.**

5. **Tilt chin up slightly.**

6. Open mouth or close mouth around mouthpiece.



7. **Breathe in** and **depress** cannister once.

8. **Breathe in** a slow deep breath.

9. **Hold breath** for 5 – 10 seconds.

10. **Breathe out** slowly.

11. **Replace cap.**

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

 and   
ASTHMA TRAINING & EDUCATOR COURSE and COPD TRAINING & EDUCATOR COURSE

Metered dose inhaler

AUG.05