

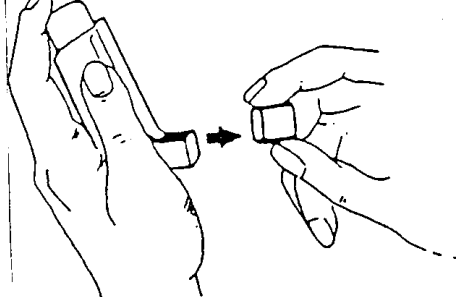
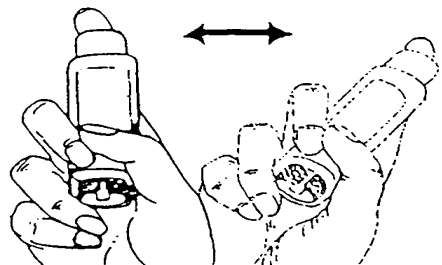
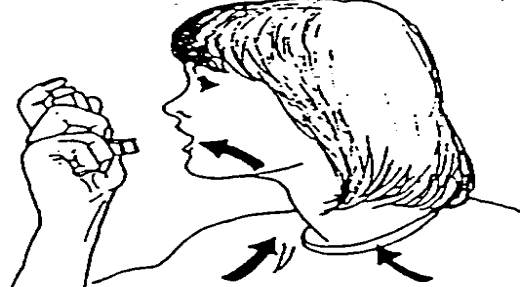
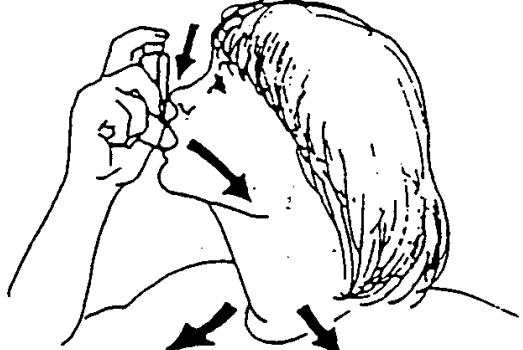
## **METERED DOSE INHALERS (PUFFERS)**

A metered dose inhaler delivers a measured dose of asthma medication directly to the airways.

**\*Puffers require good coordination. More medication gets into the lungs when a puffer is used with a spacer device.**

### **Recommended age of use**

**7 years and older**

<p>1. Remove the cap.</p> 	<p>2. Shake the puffer and hold upright.</p> 
<p>3. Breathe out slowly.</p>	
<p>4. Tilt your head back slightly. Close lips around the mouthpiece and as you breathe in slowly, release one puff of medication by pressing down on top of the puffer.</p>	
<p>5. Continue to breathe in deeply. Hold breath for 10 seconds.</p>	<p>6. Breathe out gently through the nose.</p> <p>If more than one puff is required, repeat steps 2-6.</p>

