## How to use a puffer with a spacer

Asthma puffer medicine is best taken using a spacer to get more medicine into the lungs.



Remove the cap from the puffer



Shake puffer well and put it into the hole at the end of the spacer



Remove the spacer cap



Hold the puffer upright



Breathe out slowly and completely



Place the spacer's mouthpiece in your mouth







## Press down on puffer and breathe in and out through the spacer 4 times

For more puffs, take out the puffer and shake then re-attach to spacer. Repeat the steps for more puffs.





## Working with Aboriginal and Islander Health Services

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