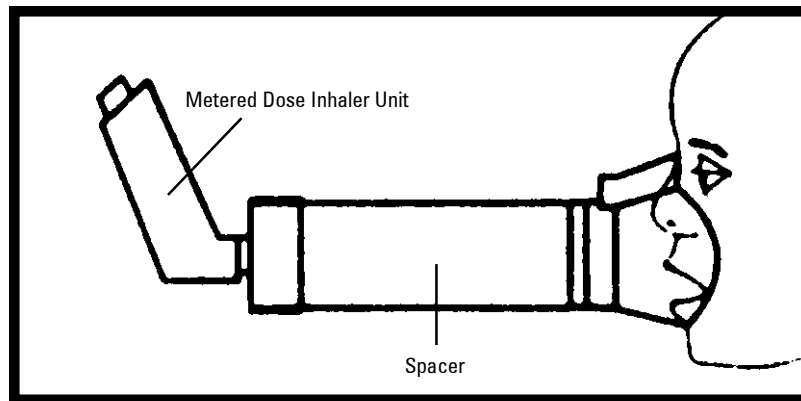


## Appendix D.2

# Taking Asthma Medications

### Spacer with Mask

This AeroChamber with mask is helpful for very young children or anyone who is having trouble using a regular spacer.



### Directions: Read through all steps before beginning.

**Step 1** ..... Set up your metered dose inhaler (MDI) as usual. Remove the cap on the spacer.

**Step 2** ..... Shake the metered dose inhaler (MDI) rapidly for three seconds.

**Step 3** ..... Insert the MDI into the spacer.

**Step 4** ..... Explain to your child that you will put the mask over his nose and mouth, but he can breathe normally.

**Step 5** ..... While keeping a good seal on the mask around your child's mouth and nose, press down on the canister once to release the medicine.

**Step 6** ..... Hold the mask in place and have your child take six normal breaths.

**Step 7** ..... Wait one to two minutes

**Step 8** ..... Repeat the procedure for each additional prescribed puff, beginning with Step 5.

After using a mask, always wipe the skin around your child's mouth with a wet cloth.