TOP 10 INHALER MISTAKES
Inhaled asthma medicine needs to reach the airways to work. Here are 10 common mistakes made when using a metered-dose inhaler (MDI) and how to correct them.

1. SITTING DOWN
   FIX IT: Standing allows the lungs to fully inhale and provides more power to exhale.

2. USING AN EMPTY INHALER
   FIX IT: Request a refill when the inhaler is half full so you never run out.

3. NOT SHAKING OR PRIMING THE INHALER
   FIX IT: Shake the inhaler canister 10 to 15 times for the medication to be ready to work. When using a new inhaler, prime it by releasing three to four test sprays. Prime again if not used for several weeks.

4. NOT USING A SPACER WITH AN MDI INHALER
   FIX IT: A spacer helps deliver the medication to the airways instead of the mouth. Insert the inhaler into the spacer. Spray one puff of medicine and inhale slowly. Hold your breath for a count of 10 and exhale slowly.

5. HOLDING THE HEAD TOO FAR FORWARD OR BACKWARD
   FIX IT: The head needs to be in a normal position, not too far back or too far forward, to help make a direct path for the medicine to reach the airways.

6. TONGUE OR TEETH IN THE WAY OF SPACER/INHALER OPENING
   FIX IT: Put the spacer/inhaler in the mouth above the tongue, under the top teeth.

7. MOUTH NOT TIGHT ENOUGH AROUND SPACER/INHALER
   FIX IT: Close the lips around the spacer so air does not escape.

8. DIRECTING SPACER/INHALER AT TONGUE OR ROOF OF MOUTH
   FIX IT: Aim the spacer/inhaler at the back of the throat, so the medicine reaches the lungs.

9. SPRAYING SEVERAL PUFFS OF INHALER INTO SPACER
   FIX IT: Spray only one puff of the inhaler at a time into the spacer. Breathe out before inhaling. Hold breath for a count of 10, then exhale.

10. INHALING MEDICINE TOO FAST
    FIX IT: Inhale slowly. A whistle from the spacer means the inhalation is too fast.

REMINDErs
- Follow instructions for using your inhaler.
- Gargle and spit after inhaling a steroid.
- Show your inhaler technique to your provider.
- Clean the inhaler and spacer according to instructions.

ASThma FACTS
- 6.3 million children have asthma.
- Leading chronic disease among children.
- 1 out of 10 school-aged children have asthma.
- Top cause of missed school days.

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