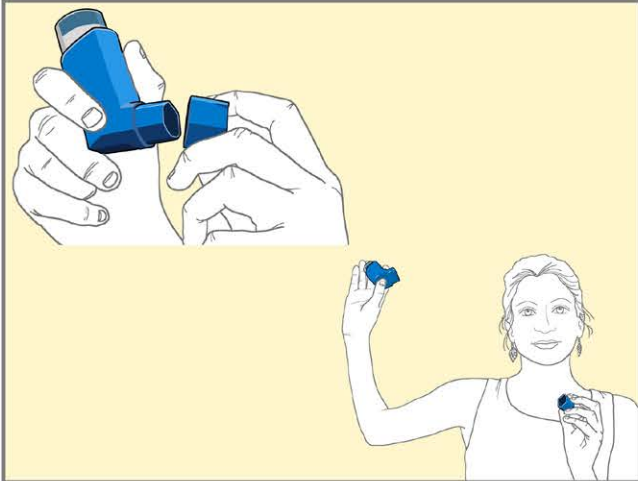
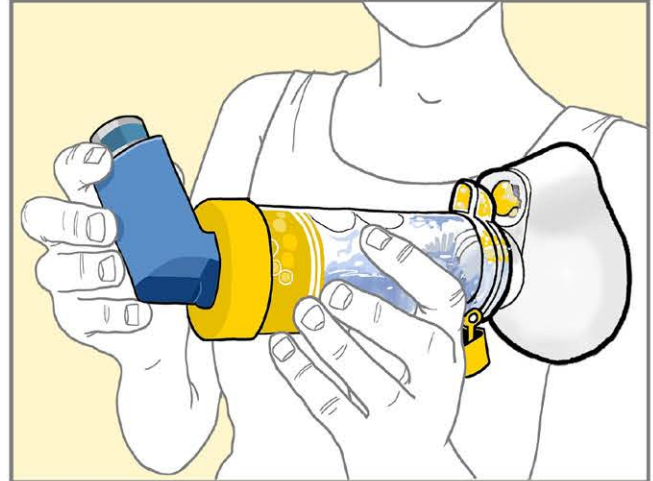


# Getting to grips with good inhaler and spacer technique

## Continuous (Tidal) Breathing for Children Using Spacer with Mask



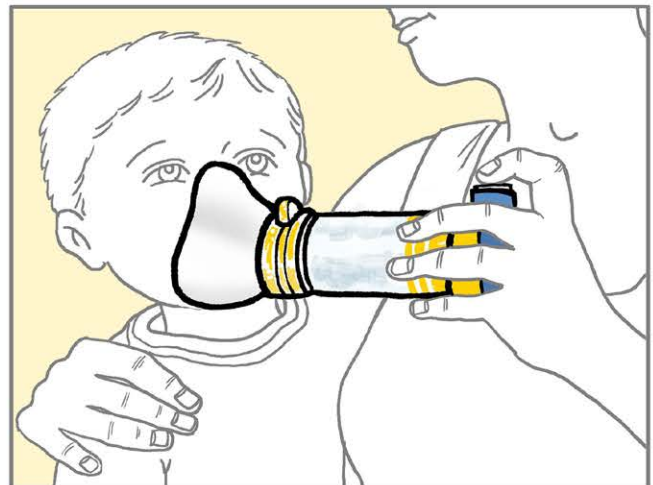
1. Take caps off inhaler and spacer. **Shake** inhaler.



2. Keep inhaler upright and **fit** into the spacer.



3. Sit the child on your lap and get the child to **look up**.



4. Place spacer mask over the child's nose and lips, keep the spacer level, and apply light pressure to ensure a good **seal**. Press inhaler once and wait for the child to take 5 breaths. Repeat if necessary.