How to use an inhaler with a spacer
Works as well as a nebulizer!

1. TAKE CAP OFF AND SHAKE
   Take cap off the inhaler. Check for and remove any dust, lint, or other objects.

2. ATTACH SPACER
   Attach the inhaler to the spacer.

3. BREATHE OUT
   Breathe out all the air, away from the spacer.

4. PRESS THE INHALER
   Put lips around the spacer and press the inhaler one time. This puts one puff of medicine into the spacer.

5. BREATHE IN DEEPLY AND SLOWLY
   Breathe in deeply and slowly. Remove the device from your mouth.

6. HOLD YOUR BREATH FOR 10 SECONDS
   Hold your breath for 10 seconds. Then breathe out, away from the spacer.

7. WAIT 1 MINUTE
   If you need another puff of medicine, wait up to 1 minute. Then repeat steps 3 to 6.

8. RINSE—DON’T SWALLOW!
   Rinsing is only necessary after using the "every day" inhaler. Rinse your mouth out with water after the last puff of medicine. Make sure to spit the water out. Do not swallow the water! Or you can brush your teeth instead. Make sure to put the cap back on the inhaler when you are done.

Instructions from the American College of Chest Physicians
Illustrations by Paula Falco; design by UIC Institute for Healthcare Delivery Design

Your child’s asthma action plan
Ya’aatęeh, using asthma medicines will help control your child’s asthma. Please use this plan. Share it with your family.

**1 Take your asthma medicine**

"Every day" medicine:
Use this every day, EVEN IF your child has no symptoms

"Rescue" medicine:
Use only when your child is having asthma attack symptoms

Other medicines:

Emergency Room phone number
Clinic phone number

Ya’aateh, using asthma medicines will help control your child’s asthma. Please use this plan. Share it with your family.

Your child’s name:  
Doctor’s name (print):  
Date:  

**1 Take your asthma medicine**

"Every day” medicine:  
Use this every day, EVEN IF your child has no symptoms

Your child’s “every day” medicine is:

- Inhaler:  
- Spacer:  
- Puffs:  
- in the morning
- Puffs:  
- at night
- Mask:  
- Nebulizer:  

Use every day EVEN IF no breathing problems

"Rescue" medicine:  
Use only when your child is having asthma attack symptoms

Your child’s "rescue" medicine is:

- Inhaler:  
- Spacer:  
- Puffs when having trouble breathing
- Use 5 -15 minutes before exercise
- Mask:  
- Nebulizer:  

Mark your inhaler at the pharmacy:

- green sticker for "every day" medicine
- red sticker for "rescue" medicine

Call the clinic for help if:
- the rescue medicine is not working well
- OR
- If your child is having trouble breathing

Institute for Healthcare Delivery Design
http://healthcaredeliverydesign.uic.edu
Learn the signs, and take action

**CALL THE CLINIC IF:**
- Breathing problems last for more than 1 day
- You need "rescue" medicine 3 or more times in 1 day
- Breathing does not get better 20 minutes after using "rescue" medicine
- Ask to talk to a doctor or nurse!

**IN THE YELLOW ZONE?**
**Use rescue medicine**
If your child shows ANY of these signs, use "rescue" medicine right away. Keep using the "every day" medicine, too.
- Breathing problems make it hard to sleep
- Coughing and breathing problems make it hard to sleep
- Breathing hard time breathing
- Wheezing or whistling when breathing
- Chest feels tight

**IN THE GREEN ZONE?**
**Go play**
Even if your child shows no breathing problems, use the "every day" medicine each day. Use "rescue" medicine 5 to 15 minutes before exercise.
- Breaths easily
- Plays as usual

**IN THE RED ZONE?**
**Get help!**
If your child has any of these signs, use 2 puffs of "rescue" medicine every 15 minutes AND get to the nearest hospital.
- Lips or fingernails are gray or blue
- Breathing so hard that your child is drowsy or sleepy
- Breathing gets worse within 20 minutes of taking "rescue" medicine
- Ask to talk to a doctor or nurse!

**Remember to take your medications as prescribed!**
- Set a reminder on your smartphone.
- Keep "every day" medicine in the bathroom.
- Keep the "rescue" inhaler with your child at all times!

**Keep your child safe from smoke**
- Smoke is a known asthma trigger—avoid having your child where people are smoking or in homes where there is a lot of smoke.

**If your child has a cold...**
- Getting a cold can cause some children to have more asthma attacks. If your child gets a cold, help them to blow their nose. And use this action plan.

**Check all of your child's asthma triggers below:**
- Cold and flu
- Change in weather and seasons
- Cold air
- Wild fires and dust storms
- Livestock and pets
- Road dust and exhaust
- Household mold
- Indoor smoke
- Cigarette and mountain tobacco
- Exercise
- Tumbleweed
- Strong-smelling cleaners
- Mice and roaches

**Stay on top of your child's asthma**

**Set a reminder on your smartphone.**
**Keep “every day” medicine in the bathroom.**
**Keep the “rescue” inhaler with your child at all times!**