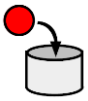
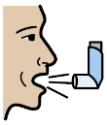
Great Ormond Street Hospital for Children
NHS Foundation Trust

How to use an inhaler (Easy Read)

	Wash your hands
	Take the cap off your inhaler and check it isn't blocked
	Shake the inhaler
	If you are using a spacer, put the inhaler in the end
	Put the inhaler or the spacer in your mouth and close your lips around it
	Press the inhaler and breathe in deeply
	If you need another one, wait a few minutes
	Keep the inhaler and spacer somewhere safe
	If you have any questions, ask your pharmacist

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