1. **OPEN**  
Open the inhaler.

2. **SLIDE**  
Slide the lever over, holding the inhaler level like a hamburger.

3. **EXHALE**  
Breathe out completely.

4. **INHALE**  
Inhale a fast, deep breath.

5. **HOLD**  
Hold your breath and count to 10.

6. **AWAY**  
Breathe out, away from the inhaler.

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