1. SHAKE
Shake your inhaler.

2. EXHALE
Breathe out completely.

3. SIP
Press down and breathe in slowly like you sip hot soup.

4. HOLD
Hold your breath and count to 10.

5. AWAY
Breathe out away from the inhaler.

6. WAIT
Count to 30 before taking a second puff.

Brought to you by this pharmacy and the National Community Pharmacists Association