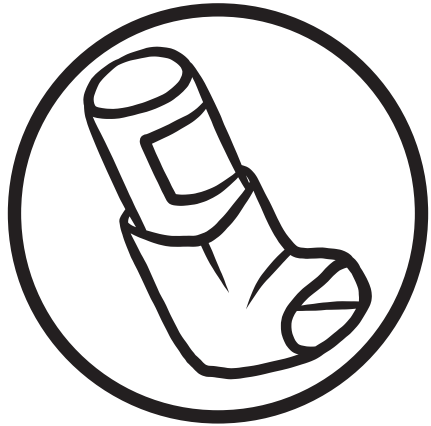


## 6 EASY STEPS TO USING YOUR INHALER



### 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

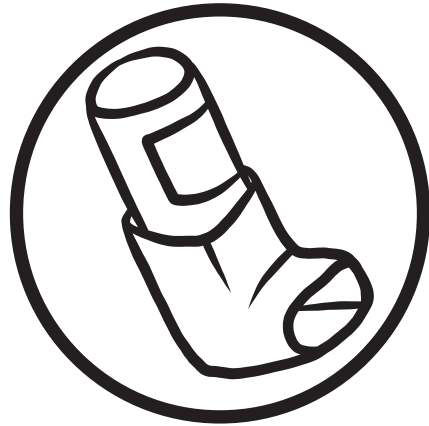
Breathe out away from the inhaler.

### 6. WAIT

Count to 30 before taking a second puff.

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

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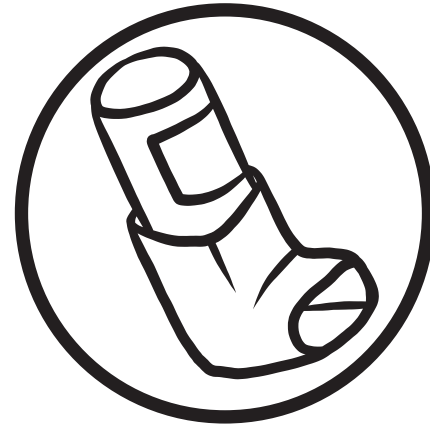
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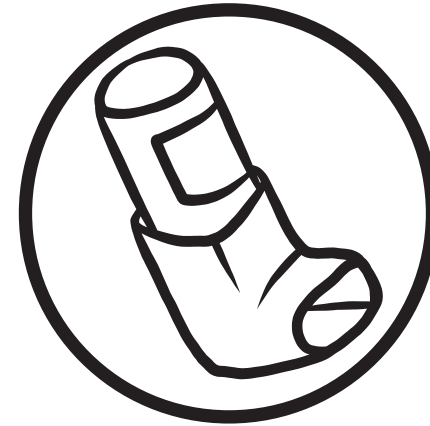
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