

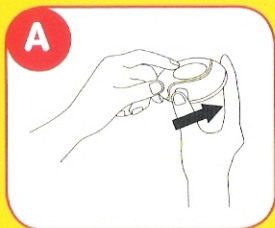


# I CAN!

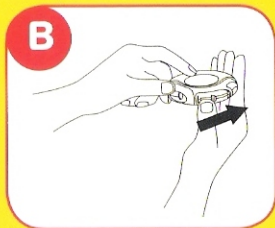
The Children's Asthma and Allergy Network  
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## How to use the **accuhaler**

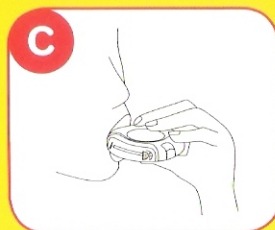
HOW TO USE THE ACCUHALER



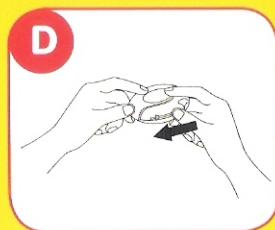
- 1) Open the Accuhaler by pushing the thumbgrip away until a 'click' is heard.



- 2) Hold the Accuhaler with the mouthpiece towards you: slide the lever away until it clicks. This makes the dose available for inhalation and moves the dose counter.



- 3) Holding the Accuhaler breathe out gently away from the device. Place mouthpiece in your mouth and breathe in steadily and deeply.  
4) Remove the Accuhaler from your mouth and hold your breath for about 10 seconds.



- 5) To close, slide the thumbgrip back towards you as far as it will go until it clicks.  
6) For a second dose, repeat steps 1 to 5.

### NOTE

- The dose counter counts down from 60 to 0.
- The last 5 numbers are red. Please contact your doctor to obtain a new Accuhaler when you see the red numbers.

ALWAYS ASK YOUR DOCTOR OR NURSE FOR A DEMONSTRATION