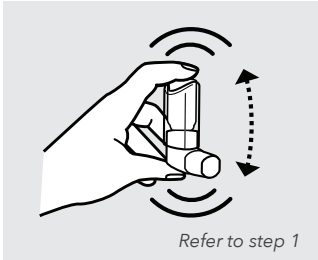
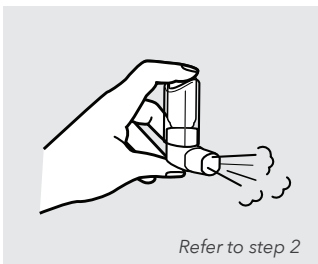


# Counselling Checklist

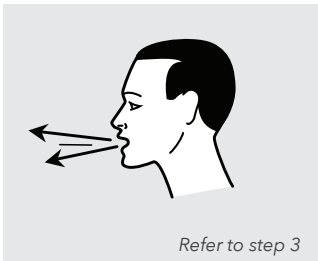
## Directions for use of metered-dose inhalers



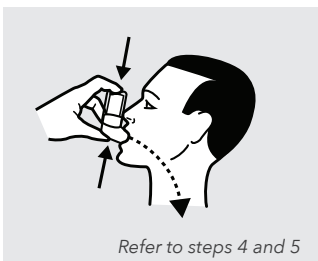
- 1 Shake the inhaler and remove cap.
- 2 Before using the inhaler for the first time, or if it has not been used for more than one week, prime it by spraying away from you a few times.



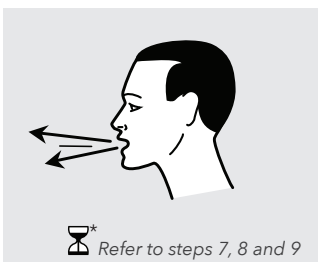
- 3 Exhale deeply.
- 4 Holding the inhaler upright (canister up), place the mouthpiece in your mouth or as directed and tilt your head back slightly.
- 5 As you take in a slow, deep breath through your mouth, press down on the inhaler at the same time to release one puff.



- 6 Continue breathing in as long as you can.
- 7 Hold your breath for about 10 seconds.



- 8 If you are instructed to use two sprays into affected nostril(s), repeat steps 5 and 6 once again.
- 9 If you have to inhale another puff of the same medication, wait about one minute between puffs, and then repeat steps 3 to 8.



- 10 Recap the device after use.

 Refer to instructions for waiting time