



HOW TO USE ALBUTEROL INHALER WITH SPACER

What is Albuterol?

Albuterol is a medicine that helps open the airways in the lungs, making it easier to breathe during asthma symptoms or attacks. It is usually given by inhaler.

Always use the inhaler with a spacer device.

- For young children, use a spacer with a face mask.
- For older children, use a mouthpiece.

How to Use the Inhaler with Spacer?

1. Attach the inhaler securely to the spacer. If your child uses a mask, be sure it fits snugly over both the nose and mouth.
2. Press down on the inhaler to release **one puff** into the spacer.
3. Have your child breathe in and out normally through the spacer for about 5–10 breaths.
4. If another puff is needed, wait about 30 seconds before repeating. (Your provider will tell you the correct number of puffs for your child.) Remember—only release one puff into the spacer at a time.

VIDEO INSTRUCTIONS CAN BE FOUND ON YOUTUBE:

Search “Johns Hopkins steps to using inhaler with spacer”