

# Using a spacer

# How to care for your spacer

If you use a metered dose inhaler (MDI), a spacer will help to get the right dose of medicine into your lungs. Your doctor can give you a spacer for free. Remember not to share your spacer with anyone else, and ask for a new one every year.



1. Hold the inhaler upright and give it a good shake



2. Fit the inhaler into the opening at the end of the spacer



3. Seal the lips firmly around the mouth piece - press the inhaler once only

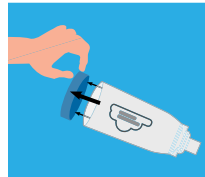


4. Take 6 slow breaths in and out through your mouth. Do not remove the spacer from your mouth between breaths



5. Remove the spacer from your mouth. Repeat steps 1-4 for further doses

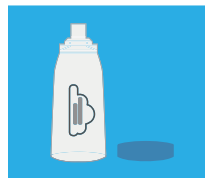
- Younger children will need your help to follow these steps
- Children under the age of four can use a mask with the spacer



1. Take the spacer apart (both the small and the larger spacer dismantle into 2 pieces)



2. Use warm water with a little dishwashing liquid and hand wash your spacer



3. Do not rinse or wipe the spacer. Leave the pieces on the side to dry



4. Put the spacer back together

## Child Asthma Action Plan



Produced by the Asthma and Respiratory Foundation NZ

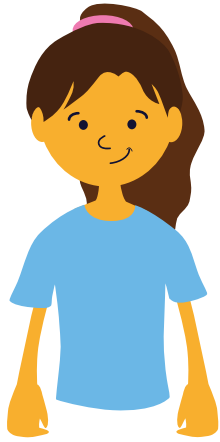
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Better breathing, better living



## Well

### When I'm well:

- I have no cough
- I play just like other children
- I use my reliever puffer less than 2 times a week

### My puffers are:

**Preventer:** I take this every day even when I'm well.

The name of my preventer is  The colour is   
I take  puffs in the morning and  puffs at night through a spacer.

**Reliever:** I take this only when I need it

The name of my reliever is  The colour is   
I take  puffs through a spacer when I wheeze, cough or when it's hard to breathe.

If I find it hard to breathe when I exercise I should: Take  puffs of my reliever



## Worse

### When my asthma is getting worse:

- I cough or wheeze and it's hard to breathe, or
- I'm waking at night because of my asthma, or
- I cough or wheeze when I play, or
- I need my reliever inhaler to control my asthma more than 2 times per week

### If my asthma gets worse I should:

Keep taking my preventer every day as normal and take  puffs of my reliever every 4 hours  
If I'm not getting better doing this I should see my doctor today

### Contact:

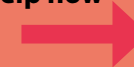


## Worried

### My asthma is a worry when:

- My reliever isn't helping, or
- I'm finding it hard to breathe, or
- I'm breathing hard and fast, or
- I'm sucking in around my ribs/throat, try looking under my shirt
- I'm looking pale or blue

- Sit me down and try to stay calm
- Give me 6 puffs of reliever through a spacer, taking 6 breaths for each puff
- **If I don't start to improve I need help now**



## Emergency

**DIAL 111 and ask for an ambulance**

### WHILE YOU'RE WAITING:

- Try to stay calm and keep me sitting upright
- Give 6 puffs of reliever through a spacer every 6 minutes with 6 breaths for each puff until help arrives