How to use an inhaler by chamber with a facemask

Getting the most out of your medicine:

- Know your child's medication: the name, dose and when and how it should be used. Keep track of how often they use it and make sure to get it refilled before it runs out.

- Make sure that you know how to clean your child's chamber.

- Check to see when it needs to be replaced.

- Chambers or spacers help inhaler medications get deep into the lungs.

- Even babies and young children can be given an inhaler by a chamber with a facemask.

- Does your inhaler need to be "primed" or cleaned to prevent clogging?

- See the manufacturer's instructions. There are different instructions for different brands of inhalers.

- Do not switch the canister of one brand inhaler with the plastic holder of another brand inhaler.

- If using an inhaled steroid, rinse mouth and face after use.

How to use the chamber with facemask:

1. Shake the inhaler a few times.

2. Take the plastic cap off the inhaler.

3. Place the inhaler in the chamber in the rubber ring.

4. Place the mask on your child's face.

5. Spray one puff of medication into the chamber.

6. Make sure that your child takes 5 to 10 breaths in and out with the chamber mask in place.

7. Wait at least one minute before repeating to take a second puff of medication.

Take your time and don't rush. Each step in important in order to get the most out of the medication.

You can tell that your child has taken 6 breaths by watching your child's chest and stomach move in and out. Or you can feel it by putting your hand on your child's belly with one hand and holding the chamber in place on your child's face with your other hand.

Some children will not cooperate. This is normal. With time and consistency, this will become routine for you and your child. Keep trying, but expect resistance. Try making it fun. Show your child how to wear the mask by placing it on your face. Have your child put the mask on you or a doll.

Adapted from the Association of Asthma Educators, 2008.