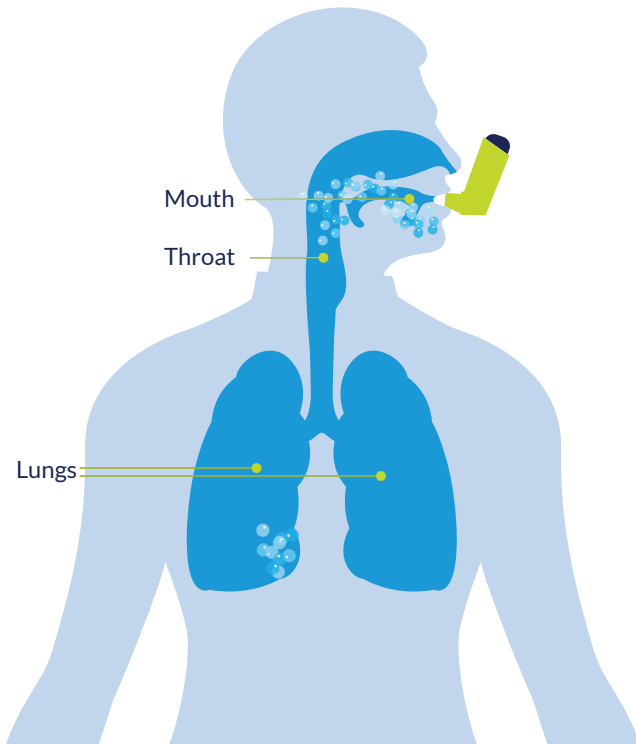


Using Just Your Inhaler



Metered-dose inhalers can spray medicine as fast as 60 miles per hour, causing the medicine to hit the back of your throat or roof of your mouth.

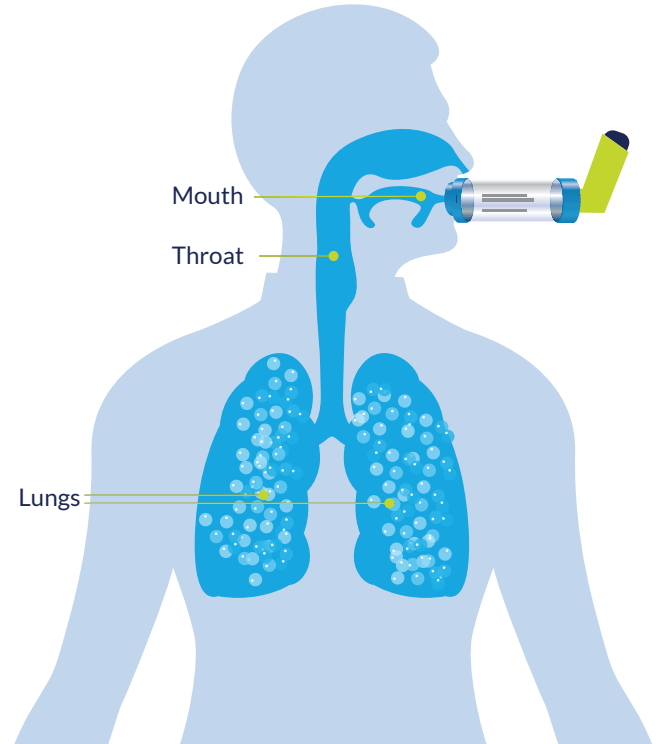
Asthma Management Tips

Learn more asthma management tips through the American Lung Association's Asthma Basics. This one-hour, interactive web tutorial teaches participants to recognize and manage asthma triggers, Understand the value of an asthma action plan, and recognize and respond to a breathing emergency.

[Lung.org/asthma-basics](https://lung.org/asthma-basics)

Developed by the American Lung Association, April 2019

Using Inhaler With Spacer or Valved Holding Chamber (VHC)



By simply attaching a valved holding chamber or spacer to your metered-dose inhaler, you can:

- Help the medicine move past your mouth and throat and get deep into your lungs where it can do its work
- Avoid problems with spraying and breathing at the same time
- Keep you from breathing the medicine in too fast
- Make it easier to take your medicine when you are having asthma symptoms