

USING AN INHALER AND SPACER

使用吸入器，分隔器



CONTACT NEMS 聯絡東北: (415) 391-9686 (650) 550-3923 (408) 573-9686 WWW.NEMS.ORG



1 Check that the metal canister is firmly attached to the plastic inhaler. Remove cap.



2 Shake inhaler 3-4 times.



3 Push the inhaler all the way into the spacer. Take off the spacer cap if it has one.



4 Breathe **OUT** all the way.



5 Close your lips around the spacer. Press down once on the inhaler; this puts medication into the spacer.



6 Breathe **IN** slow and deep.



7 Hold your breath for 10 seconds, and then breathe out slowly.



8 If you need another puff of medicine, wait 1 minute and then repeat steps 4-7.



9 Rinse your mouth with water and spit out.

Spacers should **NEVER** be shared and should be cleaned often. To clean a spacer:

- 1) Remove the inhaler from the spacer. Do not wash the inhaler.
- 2) Wash the spacer with warm, soapy water and rinse.
- 3) Air dry the spacer.

請注意，此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。若您根據此信息作出任何決定，東北醫療中心不會就此承擔任何責任。
Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional.
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1



請確認金屬罐是否牢固的連接吸入器上。然後將吸入器的蓋子打開。

2



再搖動吸入器 - 3 到 4 次。

3



然後將吸入器接到分隔器上。如果分隔器有蓋子，請將蓋子打開。

4



盡量將氣呼出。

5



把分隔器的吸嘴放入口內，緊閉嘴巴。按一下吸入器，將藥物噴入到分隔器內。

6



慢慢將藥物深深吸入。

7



屏住呼吸約 10 秒，然後慢慢呼氣。

8



如果你還需要再多吸一次藥，請等上 1 分鐘，再重複第 4-7 的步驟。

9



最後用清水漱口並把水吐出。

分隔器不可以和其他人共用，應該經常清洗。清潔步驟：

- 1) 把吸入器從分隔器拆開。不要清洗吸入器
- 2) 用溫的肥皂水沖洗分隔器
- 3) 再讓它自然晾乾

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