



CONTACT NEMS 聯絡東北:

1-888-500-1886

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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.

4



Sit up straight, place mask over nose and mouth. Create a TIGHT seal against the skin.

5



Press down once on the inhaler; this puts medication into the spacer.

6



Breathe in and out gently 6 times.

7



If you need another puff of medicine, wait 1 minute then repeat steps 4-6.

8



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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請確認金屬罐是否牢固的連接在吸入器上。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。

4



身體坐直，把口罩貼於面上。確認口罩與面部之間沒有空隙。

5



按一下吸入器，這樣就會將藥物噴入到分隔器內。

6



正常的輕輕呼吸 6 次。

7

12:00 PM

12:01 PM

如果您還需要再多吸一次藥，請等上 1 分鐘，再重複第 4-6 的步驟。

8



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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