# Inhaler & Spacer Use Instructions

1. Select appropriately sized spacer (with mask if under 5).
2. Shake Salbutamol inhaler and remove cap.
3. Insert the inhaler into the opening at the end of the spacer.
4. Place mouthpiece of spacer in mouth ensuring a good seal (or mask over the child’s mouth and nose ensuring a good seal if using a mask).
5. Press the inhaler once and count for 5 breaths.
6. Remove the inhaler and shake before re-inserting and wait 1 minute before repeating all steps if necessary.
7. If a child requires 10 puffs of salbutamol and is still not improving, call 999; give another 10 puffs whilst awaiting the ambulance.
8. Once the child is stable, complete the “Emergency Inhaler Administration Record for Children with Asthma” if applicable and the relevant “Informing Parents of Salbutamol Requirement” letter.

For videos showing inhaler and spacer technique, please scan QR codes below or go to the following Asthma + Lung UK pages:

* [How to use a spacer without a mask for a child | Asthma + Lung UK (asthmaandlung.org.uk)](https://www.asthmaandlung.org.uk/living-with/inhaler-videos/spacer-no-mask)
* [How to use a spacer with a mask for a baby or child | Asthma + Lung UK (asthmaandlung.org.uk)](https://www.asthmaandlung.org.uk/living-with/inhaler-videos/spacer-with-mask)

