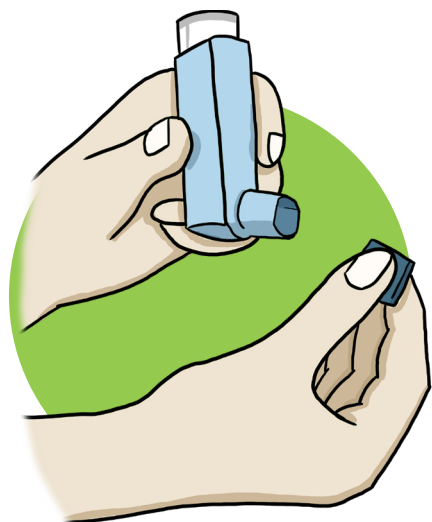


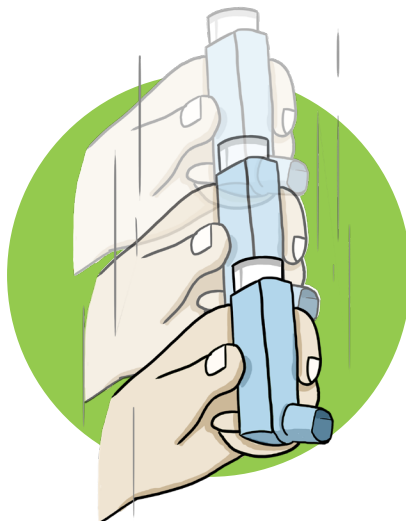
# How to use a puffer with a spacer

- Asthma (short wind) medicine is best taken using a spacer to get more medicine into the lungs.
- The spacer holds the medicine until bub can breathe it all in.
- Bubs under 3 years old need to use a mask with their spacer.
- Without a spacer the medicine sits in the mouth and throat and the throat can become sore.

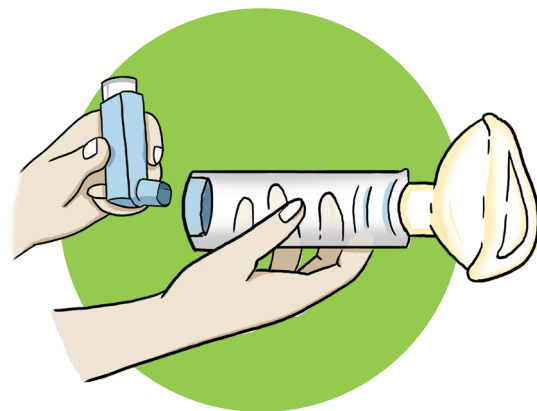
### Using a spacer



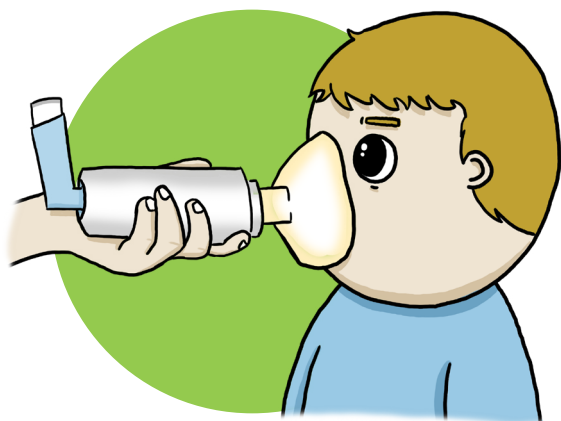
1. Take the cap off the puffer



2. Hold the puffer upright and shake well



3. Place the mouthpiece of the puffer into the end of the spacer. Attach the mask to the other end.



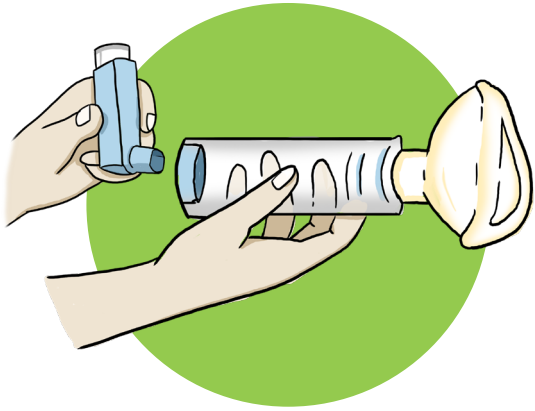
4. Gently place mask over mouth and nose leave no gaps around the edges

5. Ask bub to breathe out all the way
6. Then press down on the puffer once and wait for your child to take 3 deep breaths in and out through their mouth
7. Repeat steps two to five if more doses are needed
8. Never spray more than one puff into the spacer at any time

## Stopping static

Static builds up inside the spacer, making the medicine stick to the sides stopping some of the medicine getting to the lungs from the puffer. You can stop the static by washing your spacer with dish-washing liquid. Wash your spacer when it is new and then once a week.

## Washing your spacer



Take the pieces of the spacer apart

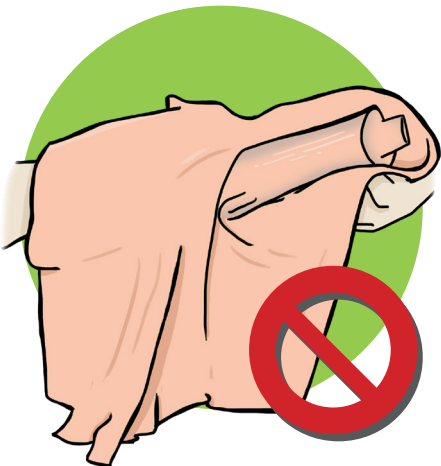


Use dish washing liquid and warm water and soak for a few minutes



Leave to drip dry

## Don'ts



Don't rub dry as this causes static



Don't rinse the soap off. The soap will help prevent static.



Government of Western Australia  
Child and Adolescent Health Service

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This document can be made available in alternative formats on request for a person with a disability.

**Disclaimer:** This publication is for general education and information purposes. Contact a qualified healthcare professional for any medical advice needed.

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