







How to use an Ellipta dry-powder inhaler

	<h2>1/Opening</h2> <p>Slide the cover down until you hear a click.</p>  <p>Film</p>
	<h2>2/Exhaling</h2> <p>Breathe out gently (keep away from the mouthpiece).</p>
	<h2>3/Inhaling</h2> <p>Place the mouthpiece between your lips, and seal it with your lips firmly. Take one long, steady, deep breath in. Do not block the vent which is facing up.</p>
	<h2>4/Holding the breath</h2> <p>Remove the inhaler from your mouth. Hold your breath for at least 5-10 seconds.</p>
	<h2>5/Closing</h2> <p>Breathe out slowly and gently. Close the inhaler. Those who use Relvar, Trelegy: please rinse your mouth after use and spit out the water.</p>