How to use an MDI (metered dose inhaler)
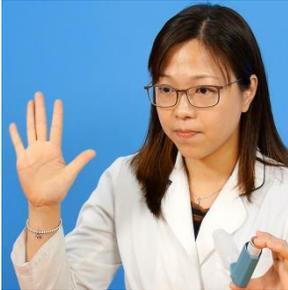
	## 1/ Opening Remove the inhaler cap. Film
	## 2/ Connecting Connect the extension tube.
	## 3/ Shaking Hold the inhaler upright and shake it up and down 5 to 10 times.
	## 4/ Inhaling Exhale fully then place the mouthpiece between your teeth without biting and form a good seal around it with your lips. → Breathe in through your mouth and press the canister down at the same time to release a puff of medicine. → Continue to breathe in slowly and deeply for 3-5 seconds.
	## 5/Holding the breath Hold your breath for at least 5 to 10 seconds then breathe normally. If an extra dose is needed, wait for 30-60 seconds then repeat steps 3 to 5.