

## How to use your nebulizer

A nebulizer is a small, handheld breathing machine that transforms liquid asthma medicine into a fine mist that is then inhaled into the lungs through either a mouthpiece or mask.



1. Wash your hands



2. Put the nebulizer on a flat surface



3. Plug into outlet



4. Connect the tubing to the nebulizer base. Make sure all connections are snug.



5. Connect other end of tubing to the medication holder



6. Attach mouthpiece or mask to the nebulizer



7. Open the vial of premixed medicine and empty it into the nebulizer cup



8. Turn on the machine



9. Give your child the mouthpiece to insert into his/her mouth or place mask over face



10. Stay with your child as he/she breathes normally, making sure the mouthpiece or mask stays in place, until the medicine cup is empty, usually about 10-15 minutes.



11. Turn machine off when finished. Clean the parts in soapy water and rinse.



12. Allow parts to air dry

Clean and store the nebulizer after each treatment