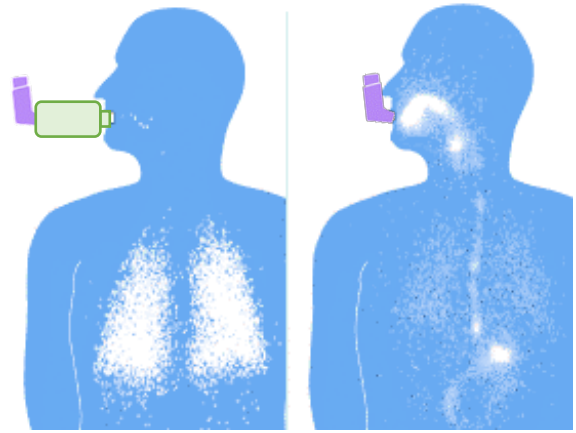


Spacers + Inhalers for Asthma

Easy as 1 – 2 – 3!

1 Get a prescription for a spacer from your doctor.

Using a spacer means that you will get more of the medicine in your lungs where it's needed. <Health Plan Name> allows 4 spacers every year from the pharmacy. The pharmacist can call <Health Plan Name> for more information.



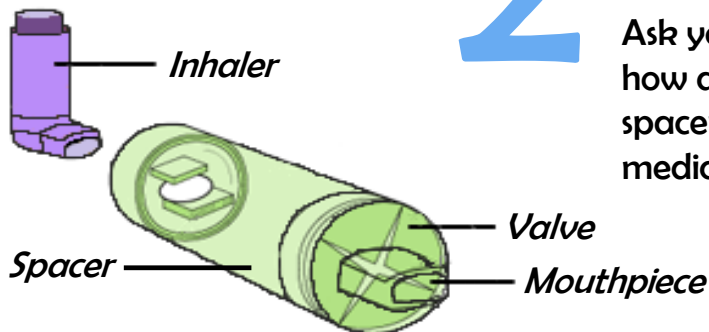
<Phone Number>

<Insert information about contacting your Health Plan's transportation benefit area for rides to pharmacy and doctor>

2

Learn how to use your inhalers with your spacer.

Ask your doctor or pharmacist to show you how and when to use your inhalers with the spacer. Bring your spacer and all of your medications to each doctor visit.



3

Use your spacer every time you use your inhalers!

Keep your rescue inhaler and spacer with you at all times! Use the spacer with your long-term controller inhaler if it needs it.



Learn more at

GetAsthmaHelp.org/spacers



This infographic was supported by the Grant or Cooperative Agreement Number, NU59EH000525-08, funded by the [Centers for Disease Control and Prevention](http://CentersforDiseaseControlandPrevention.org). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.