

# Step-by-Step: Priming Your Inhaler

Priming Your Inhaler. Wash your hands with soap and water for at least 20 seconds.

Check the expiration date on the canister and your inhaler.

Remove the cap from the mouthpiece. Shake your inhaler up and down for five seconds.

Point your inhaler away from you and press down on the canister three times. Place the cap back on the mouthpiece.

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