

What is a metered dose inhaler with a mask and spacer?

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If you have something like asthma, which makes it hard to breathe, the medicine you need is not a liquid or a pill. It's a wet mist.

Just like you use a little cup or spoon to take liquid medicine, an inhaler with a mask and spacer is what you use to get the wet mist into your body.

An inhaler is small, you can hold it in your hand. And the mask fits over your mouth and nose so it's easier for you to breathe in the medicine.

It connects to the spacer.

Whenever you need to take your medicine you'll take a puff from your inhaler with a mask and spacer.

The puff softly rains medicine right into your lungs.

At first, learning how to use an inhaler with a mask and spacer can feel like you're a scuba diver.

The adults who take care of you can help.

And it will get easier with practice.

Remember, using an inhaler can help you feel better and breathe easier. [whew]

But if you ever have any questions, it's always ok to speak up.