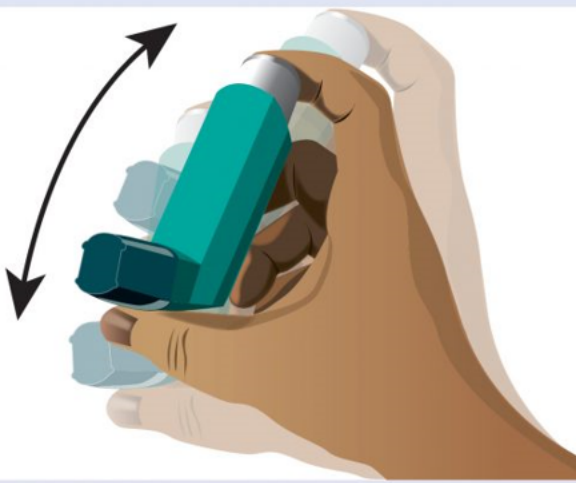


Fig 1. How to use a pressurised metered-dose inhaler



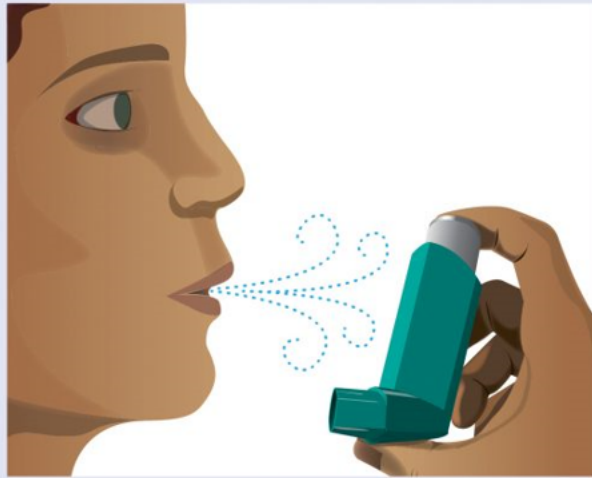
1a. Shake the device for 2-3 seconds



1b. Take a deep breath in then exhale completely and place your lips tightly around the mouthpiece



1c. With your lips tightly round the mouthpiece, inhale slowly and deeply for 2-3 seconds while pressing the inhaler canister



1d. Hold your breath for 10 seconds, keeping your lips pursed, then exhale