

ASTHMA INHALER

STUDENT CONTRACT FOR SELF-CARRY/ADMINISTRATION

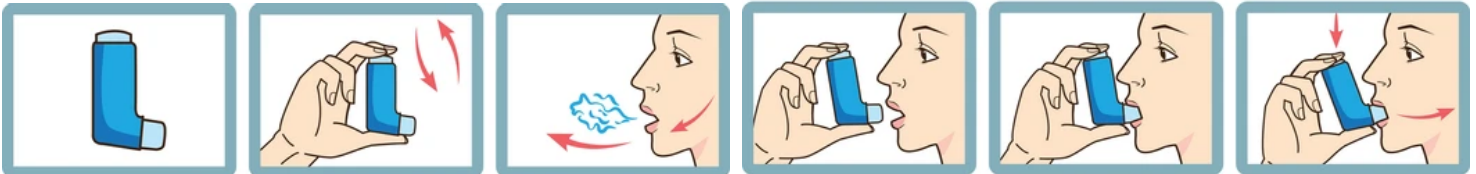
Name of student: _____ Grade/Homeroom: _____

Prescribed Medication: _____

Dose _____ Frequency: _____

HOW TO USE IT

1. Take off the cap. Shake the inhaler.
2. If you use a spacer, put the inhaler in the rubber ring on the end of the spacer.
3. Stand up or sit up straight.
4. Breathe out completely to empty your lungs.
5. Place the mouthpiece in your mouth and close your lips around it to form a tight seal.
6. As you start to breathe in, press down firmly on the top of the medicine canister to release one "puff" of medicine. Continue to breathe in slowly for 3 to 5 seconds. Take as big a breath as possible.
7. Hold your breath and count to 10.
8. Take the mouthpiece out of your mouth. Release your breath.
9. If your action plan says to take more than 1 puff of medicine, wait 1 minute between puffs. Repeat steps 3 through 8 for each puff you need to take.
10. Put the cap back on the inhaler.
11. If your medicine is an inhaled corticosteroid, rinse your mouth with water and spit it out. Rinsing will help to prevent an infection in the mouth.



STUDENT AGREEMENT

In order to carry my medication in the school environment, I agree to the following:

- I will use my medication only as prescribed by the doctor.
- I will note the time I use my inhaler so that I do not take it before it is prescribed.
- I will not share my medication with others.
- I will keep my medication in a location that others cannot get to it.
- I will go directly to the nurse office if my medication does not work or I need assistance.

Student Signature: _____ Date: _____

School Personnel: _____ Date: _____