



# ASTHMA CARE

## How to Use Your Diskus

A diskus holds asthma medicine. The diskus is the most common type of dry powder inhaler. Advair is the name of a medicine that comes in a diskus.



### 1. OPEN

- Push away on the thumbgrip until the mouthpiece is fully exposed.



### 2. CLICK

- Slide the lever away from you until it clicks.
- Make sure you don't close or tip your diskus.



### 3. INHALE

- Breathe out to empty your lungs.
- Put the mouthpiece in your mouth.
- Breathe in quickly and deeply, then hold your breath while you slowly count to 10.
- Rinse your mouth with water and spit it out.

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