

# How to use your dry powdered inhaler



Neighborhood  
Health Plan™



Asmanex



1. Twist bottom like this to remove cap



2. Here is the cap and the mouthpiece



3. Breathe **OUT and AWAY** from inhaler



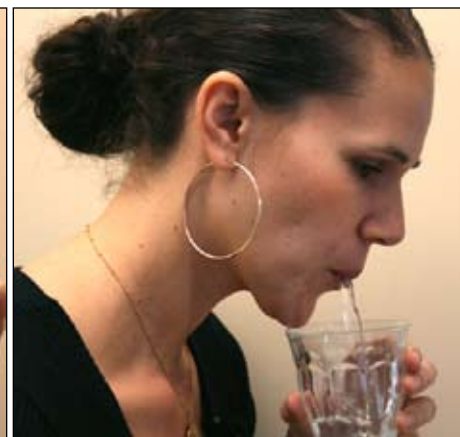
4. Put lips around mouthpiece and breathe **IN** fast and deep



5. Hold your breath for 10 seconds if you can



6. Rinse with water and **spit out**



7. Put cover on and twist to close