

How to use the diskus



Neighborhood
Health Plan™



1. Hold it like this



2. Put your thumb here



3. Push thumb this way to open



4. Here is the mouth piece



5. Put your thumb on this lever



6. Push back to click open



7. Window is open, medicine is inside
Do NOT shake



8. Breath **OUT and away**
from the diskus



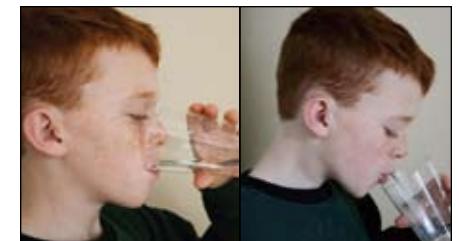
9. Close lips around the mouthpiece
Breathe IN fast and deep



10. Hold your breath
for 10 seconds if you can



11. Close the diskus



12. Rinse with water and spit out