Please click the link below to view the English version:

[Using a metered dose inhaler (inhaler in mouth)[](http://www.cdc.gov/asthma/pdfs/Inhaler_in_Mouth_FactSheet.pdf)

Please click the link below to view the Spanish version:

[Cómo usar un inhalador de dosis fija (inhalador de boca)](http://www.cdc.gov/asthma/inhaler_video/de_dosis_fija.pdf)