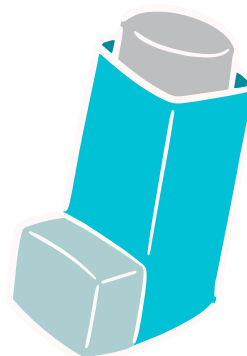


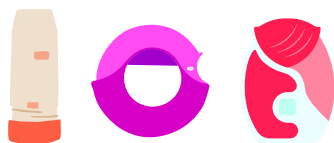
# Do You Use an Inhaler? Want to Go Green?



## Four things you can do:

### 1 Ask your provider if a low-carbon inhaler is right for you.

There are inhaler types that have less impact on climate change, like soft mist or dry powder inhalers.



**Metered-dose inhalers (MDIs) contain potent greenhouse gases, which impact climate change.**

### 2 Use your inhaler as directed with proper technique.

Getting the medication you need for best possible disease management, and to prevent care needs in the future, is good for you and the planet.

### 3 Track your remaining doses.

Keeping track of when you use your inhaler will help you to know when it is empty. You will use all of the medicine, and not use an empty inhaler. Better for you and the planet!

Inhaler dose tracking sheet



### 4 Return your inhaler to an eligible community pharmacy for disposal.

When you want to dispose of your inhaler for any reason, return it to a community pharmacy to neutralize the greenhouse gas and medication remaining inside it.



#### Find a disposal location

Many community pharmacies collect inhalers, and other medications, for safe disposal. Scan the QR code to find one near you.

**Lung Sask** has step-by-step inhaler instructions, including in **Indigenous languages like Cree and Dene!**



**The Calgary COPD and Asthma program** has inhaler instructions in up to **13 languages!**



**Thank you for considering the climate!**

Interior Health is improving its environmental footprint while maintaining the highest standards of care. Learn more about our efforts through the [Climate Change and Sustainability Roadmap](#) and our annual [Climate Change Accountability Report](#).

**Prepared by the Interior Health MDI Pilot Project Team (2025)**

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