

Inhalers and the Environment

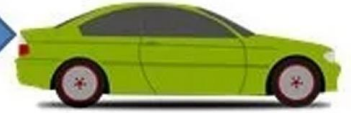
Some inhalers have a much higher carbon footprint than others



175 miles - London to Sheffield



(Find out more at: <https://greeninhaler.org>)



Only 4 miles



Equivalent tailpipe greenhouse gas emissions from a Ventolin Evohaler (containing 100 2-puff doses) and a Ventolin Accuhaler (60 1-puff doses). Assumes car achieves 100gCO₂/km.

What can you do to help?

- 1** Check with your doctor or nurse about your inhaler technique.
- 2** Use your **preventer** inhaler correctly so that you don't have to use the **reliever** as often.
- 3** Think about switching. It is important to discuss this with your doctor or nurse so any changes can be made safely.
- 4** Recycle your used inhalers by taking them to _____.

Take it back

Return your inhaler to any local pharmacy when it is no longer usable or needed, to help the environment

