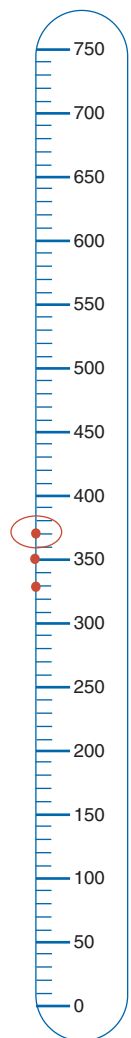
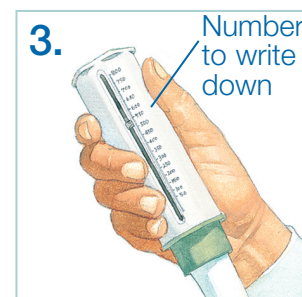
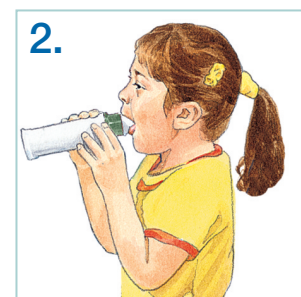


Using a Peak Flow Meter

A peak flow meter shows how well you can push air out of your lungs. You can use it to find out if your airways are getting tighter. Your peak flow number can warn you of a problem even before you have signs of a flare-up, like coughing or wheezing.

Steps for Using a Peak Flow Meter*

- Stand up or sit up straight.
 - Slide the marker to 0.
 - Hold the meter in one hand. Do not cover the numbers with your fingers.
- Take in as big a breath as you can with your mouth open.
 - Quickly close your lips around the tube. Do not put your tongue in the hole.
 - Blow out once, as fast and as hard as you can.
- Take the meter out of your mouth.
 - Find the number where the marker stopped.
 - Mark this number on your peak flow tracking sheet.
- Slide the marker back to 0.
 - Take 2 more readings.
 - Mark each number on your peak flow tracking sheet.
 - Then circle the highest number. This is your peak flow number today.
 - Check your Asthma Action Plan to see which medicine you should take.



*Always follow the instructions that come with your peak flow meter for best results.

Notes: