

## HOW TO USE YOUR PEAK FLOW METER

1. Move the marker to the bottom of the numbered scale.
2. Stand up.
3. Take a deep breath, filling your lungs completely.
4. Put the mouthpiece inside your mouth and close your lips around it. DO NOT put your tongue in the mouthpiece. Do not cover vent or block movement of the indicator.
5. Blow out as hard and fast as you can in a single blow.
6. Write down the number you get. If you cough or make a mistake, do not write down the number, just do it over again.
7. Repeat steps 1 through 5 three more times and write down the best of the three tries in your asthma diary.
8. *If your peak flow reading falls below 80%, follow your treatment plan.*

