

How to use the peak flow meter

A peak flow meter is a device, that measures how well air moves out of the lungs like a thermometer would measure your temperature. During an asthma episode, the airways in the lungs become narrow and the peak flow number may be low.

Make sure
you are
standing



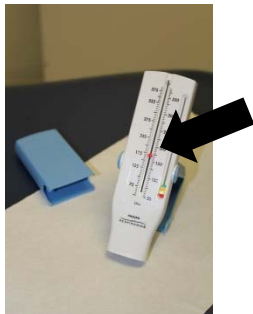
1. Place the marker at the bottom of the scale



2. Put the meter in your mouth and close lips around mouthpiece.



3. Deep breath in and blow out as hard and fast as possible.



4. Write down the number from the meter



5. Repeat steps 1 through 4 two more times and write the highest number in your child's diary

Peak flow zones can be linked to your Asthma Action Plan:

Zone	What This Means
Green	Asthma is in good control
Yellow	Asthma is getting worse
Red	Asthma is out of control Call or see doctor NOW!

A peak flow meter can help you and your doctor decide when to add or stop medicine and when to seek emergency care.