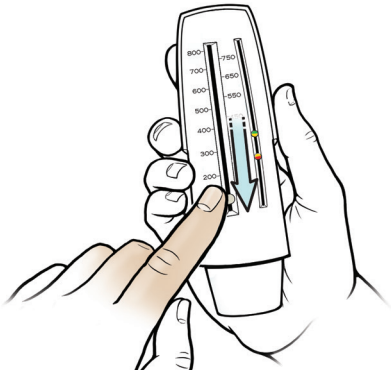


Step-by-Step: Using a Peak Flow Meter

1



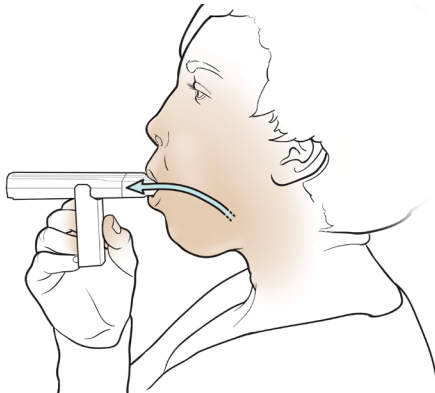
Make sure the indicator is at the bottom of the meter.

2



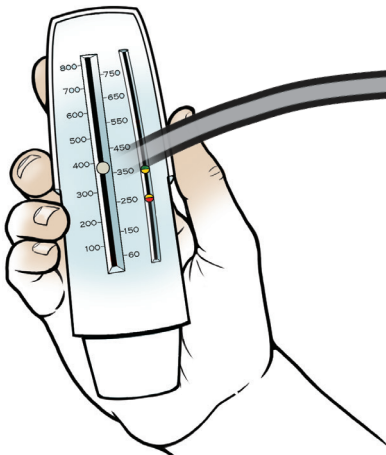
Take a deep breath in.

3



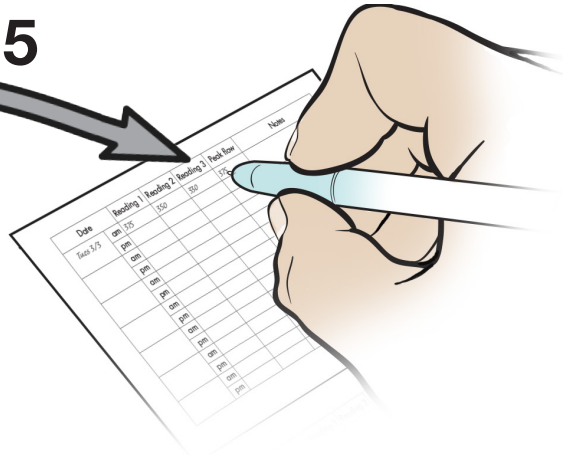
Put the mouthpiece in your mouth, between your teeth. Blow out as hard and fast as you can.

4



The meter will show your peak flow number.

5



Write it down in your log chart.