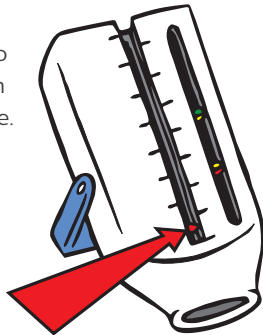


# How to use your peak flow meter

A peak flow meter tells you how well air moves out of your lungs. You should use it everyday because it can help you know if your asthma is getting worse before you might even feel it. Tucker uses his peak flow meter regularly as part of the asthma action plan he has worked out with his doctor. Remember to have an adult help you use and clean your peak flow meter.

## Getting ready

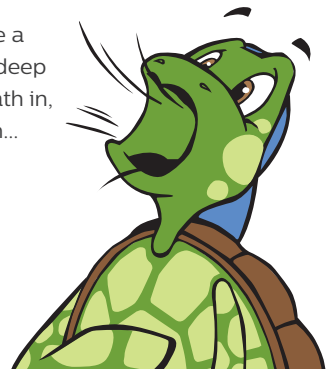
- 1** Move the indicator to the bottom of the scale.



- 2** Stand up.

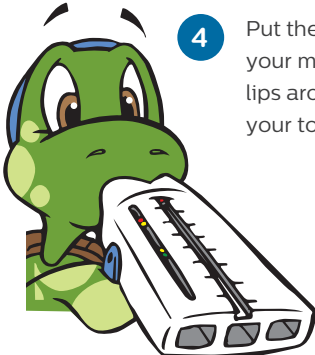


- 3** Take a big deep breath in, then...



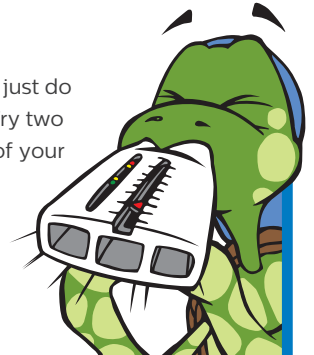
## Blow out hard and fast

- 4** Put the peak flow meter in your mouth and close your lips around it (make sure your tongue isn't in the hole).



- 5** Blow out really hard and fast in one blow.

If you coughed or messed up, don't worry, just do it again. Write down the number you get. Try two more times and write the biggest number of your three tries in your asthma diary.



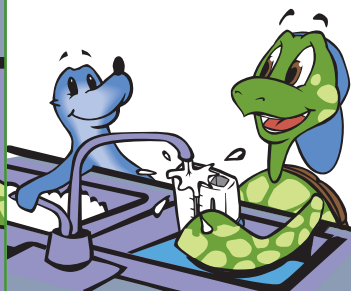
## Cleaning your peak flow meter

- 1** Make sure you clean your peak flow meter regularly.

- 2** Wash with warm soapy water or place on the top rack of your dishwasher.



- 3** Rinse with clean water.



- 4** Allow to air dry.

- 5** Store in a safe, dry place.

