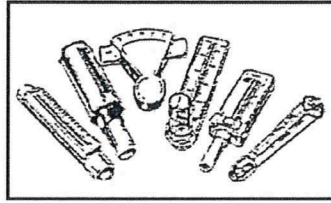


## How to use a Peak Flow Meter



A peak flow meter is a device that measures how well air moves out of the lungs. During an asthma episode, the airways of the lungs usually begin to narrow slowly. The peak flow meter may tell you if there is a narrowing in the airways hours or even days before a student has any asthma symptoms. A peak flow meter can also help determine triggers and the best times to administer medications. It provides an opportunity for the student to learn self-management.

Follow these five easy steps:

1. Reset the indicator to zero.
  2. Stand up.
  3. Take a deep breath, filling your lungs completely.
  4. Place the mouthpiece in your mouth and close your lips around it. Do not put your tongue inside the mouthpiece.
  5. Blow out the air in your lungs as hard and as fast as you can in a single blow.
- Write down the number that you get. If you cough or make a mistake, don't write down the number. Do it over again.
  - Repeat steps 1 through 5 two more times and record the best of the three tries in your asthma diary.