

How to use your peak flow meter



PEAK FLOW METER

- *Get to know your asthma*
- *Know when it's changing*
- ① Sit upright
- ② Slide marker hard up to the beginning of the groove
- ③ Hold meter level
- ④ Keep fingers clear of marker
- ⑤ Take a deep breath in
- ⑥ Close your lips around the mouthpiece
- ⑦ Huff out hard and fast
- ⑧ Repeat these steps twice
- ⑨ Record the best of three readings

**Do you have an Asthma Management Plan?
Contact your local Asthma Society or Health Service
for more information.**

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