

# WHAT IS A PEAK FLOW METER?

Peak means the most.

Meter means something that measures.

## WHY DO I NEED IT?

You may know how it feels when your asthma is getting worse. Sometimes it's hard to know how bad your asthma is. The peak flow meter gives you a number that lets you know how well you are breathing. You can tell your doctors the number and how you are feeling. Your doctor will know whether or not to change your medicine.



## HOW DO I USE IT?

It's easy with practice. Check your peak even when you feel well.

1. Set the arrow at zero.
2. Stand up.
3. Take everything out of your mouth (no gum or candy.)
4. Take a deep breath in, then
5. Close your lips tight around the tube and blow one hard, quick breath into the mouthpiece. Be sure to blow your hardest.