



USING A PEAK FLOW METER

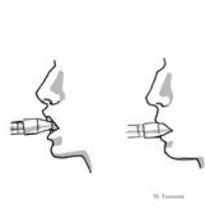
A peak flow meter will help you check how well your lungs are working and whether your medicine is helping. Using a peak flow meter every day will help let you know when your asthma is getting out of control even before you have symptoms.

USING A PEAK FLOW METER

Use your peak flow meter:

- Every morning when you wake up, before you take medicine.
- When you are having asthma symptoms.
- After taking medicine.
- Any other time your doctor suggests.

USING A PEAK FLOW METER

<p>1</p>  <p>Stand up or sit up straight.</p>	<p>6</p>  <p>Read the number on the peak flow meter. Write it down. If you cough or make a mistake, do not write down the number. Do it over again.</p>
<p>2</p>  <p>Move the marker to the bottom of the numbered scale.</p>	<p>7</p> <p>Repeat steps 1 through 6 two more times.</p>
<p>3</p>  <p>Take a deep breath. Fill your lungs with air all the way.</p>	<p>8</p>  <p>Write down the highest of the three numbers in an asthma diary.</p>
<p>4</p>  <p>Hold your breath while you place the mouthpiece in your mouth, between your teeth. Close your lips around it. Do not put your tongue inside the hole.</p>	<p>9</p>  <p>Check to see which peak flow zone your peak flow number is in.</p>
<p>5</p>  <p>Blow out as hard and as fast as you can.</p>	<p>10</p> <p>Follow the instructions on your action plan for each zone.</p>

Peak flow meters are most useful when you find your personal best peak flow number:

- Take your peak flow each day for 2 to 3 weeks when your asthma is under good control.
- The highest repeating peak flow number you had during those 2 to 3 weeks is your personal best.

NOTE: Your personal best can change over time. It can increase with age and height.

With a personal best peak flow number, your health care provider can mark asthma control zones on your peak flow meter that match the control zones on your care plan.

ZONES

If your peak flow number is in the:

Green Zone = GO

Your asthma is in good control!

- Breathing is good.
- Can work and play.
- No coughing.
- No symptoms.

Take your usual daily long-term control medicines, if you take any. Keep taking these medicines every day as prescribed by your health care provider, even when you feel OK.



Yellow Zone = CAUTION

Be careful; your asthma is flaring up!

You may be having:

- Early warning signs such as coughing.
- Asthma attack signs such as shortness of breath, tight chest and wheezing.

Take the quick relief medicines your health care provider writes into the yellow zone of your care plan.



Red Zone = DANGER

Medicine is not helping. You are having emergency symptoms such as:

- Breathing is hard and fast.
- Trouble walking and talking.

GET HELP NOW!

Take the quick relief medicines your health care provider writes into the red zone of your care plan, **and** call your doctor for an emergency appointment or other directions.



Take your peak flow meter and your peak flow diary to every doctor visit.

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