

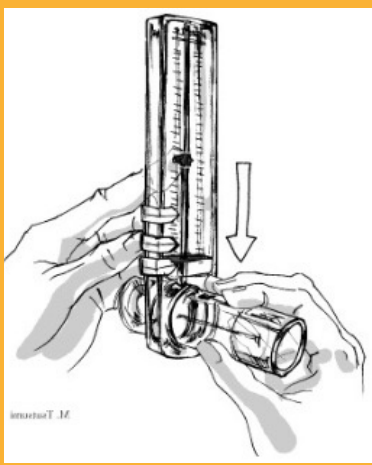


HOW TO USE A PEAK FLOW METER

A peak flow meter will help you check how well your lungs are working and whether your medicine is helping. You'll also know if your asthma is getting out of control even before you have symptoms.

STEP 1:

Move the marker to the bottom of the peak flow meter.



Stand up straight!

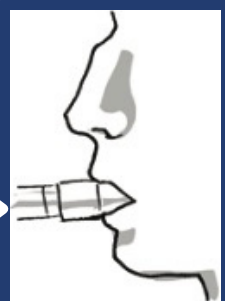
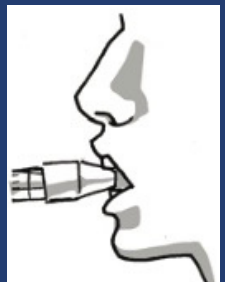


STEP 2:

Take a deep breath in!



Before exhaling, bite the mouthpiece with your teeth, and close your lips.



STEP 3:

Blow out through the peak flow meter, like blowing candles out on a birthday cake!



STEP 4:

Look at the number and write it down.



Repeat the steps so that you have 3 numbers.



The highest number is your score for the day!