

USING A PEAK FLOW METER

Stand up

Allows for maximum lung movement

Move pointer to zero

High flow may start at 60

Take a deep breath

Instruct them to fill their lungs with air

Place peak flow meter in mouth and hold with vent free

Blocking the vent will give a falsely high reading

Blow out air as fast as possible; a short, sharp blast

Be sure to place between teeth, seal lips and keep air from escaping through nose

Repeat a total of 3 times

Move pointer to zero and wait 15 seconds between tries

Record highest reading of 3 tries

Personal best reading