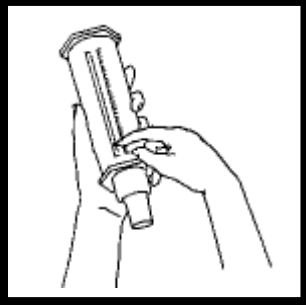


How To Use Your Peak Flow Meter

1. SET TO ZERO



- Set the marker to zero.

2. STAND & BREATHE IN



- Stand up straight.
- Breathe out to empty your lungs.
- Take a deep breath in to fill your lungs.

3. BLAST AIR OUT



- Put your lips tightly around the mouthpiece.
- Make sure your tongue and teeth don't block the mouthpiece.
- Blast the air out as hard and fast as you can.

4. RECORD



- Do this two more times and record the highest number in your Peak Flow Log.