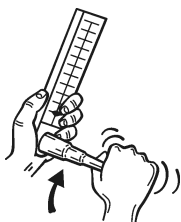
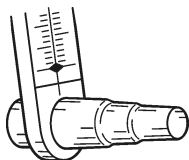


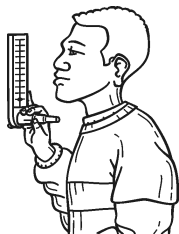
1. Get your peak flow meter, a pencil, and your asthma care plan ready.
2. If your peak flow meter has a mouthpiece, put the mouthpiece on the meter as shown in drawing A.
3. Slide the button down as far as it will go to set the meter to zero as shown in drawing B).
4. Stand up. Keep the meter upright so the numbers run up and down. Do not cover the hole in the back of the meter or the numbers in the front with your fingers (see finger positions in drawing C). Take a deep breath.
5. Close your lips tightly around the mouthpiece as shown in drawing D. Do not put your tongue in the hole or your teeth on the mouthpiece. Blow one time as fast and as hard as you can.
6. Find your number. The button will go up and stay at the number you blew (see drawing E).
7. Repeat steps 1-6 two more times. Record the best of the three tries.
8. Check your asthma care plan (see Figure 13-2) for further instructions regarding the number you blew (e.g., red, yellow, and green zones).



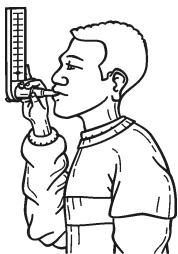
A



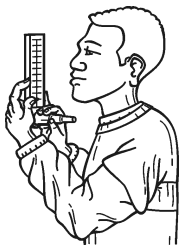
B



C



D



E