HOW TO USE A PEAK FLOW METER

1. Stand up straight.

2. Move the cursor to zero.

3. Take a deep breath in.

4. Place the mouthpiece of the peak flow meter in your mouth. Make sure your lips make a tight seal around the mouthpiece.

5. Blow as hard and fast as you can.

6. Note the number indicated by the cursor.

7. Return the cursor to zero.

8. Repeat 2 more times.

9. Record the best of 3 readings.