

### Instruction For Use Of Peak Flow Meter

1. Stand up straight.
2. Place pointer at the zero position.
3. Hold the meter so the pointer can move freely.
4. Take a deep breath *in*.
5. Place lips tightly around mouthpiece, keeping the tongue and teeth out of the way.
6. Blow *out* as hard and fast as possible. Do not cough into the meter.
7. Do three tests and record the highest number.
8. Unless otherwise recommended the peak flow meter should be used **before** medication, first thing in the morning and before bed.
9. Store in a clean container and follow the manufacturer's instructions for cleaning.

### Peak Flow

_____	Best
_____	Green 80-100%
_____	Yellow 60-80%
_____	Red Below 60%

### Symptom Score

- 0 = None
- 1 = Barely Present
- 2 = Obviously Present
- 3 = Interferes With Activity

### Signs of Poor Control

- Asthma symptoms with exercise
- Waking at night with symptoms
- Increased use of reliever
- Lower peak flow reading

### CHECK YOUR ASTHMA MANAGEMENT PLAN

### Doctor's Phone Number

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### Emergency Room Phone Number

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# The Children's Asthma Education Centre Diary

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