

Peak Flow Meters are available in different shapes and sizes, however, they all function the same way. Below are a few examples of what yours may look like:



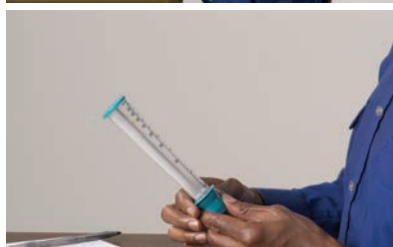
Proper inhalation technique is important when taking your asthma medicine(s) and monitoring your breathing. Make sure to bring all your medicines and devices to each visit with your primary care provider or pharmacist to check for correct use, or if you have trouble using them.

For more videos, handouts, tutorials and resources, visit [Lung.org](https://www.lung.org).

Scan the QR Code to access How-To Videos



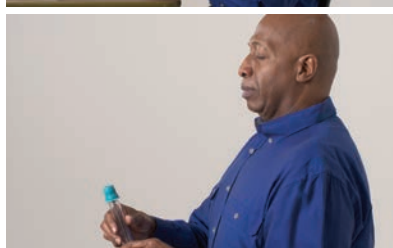
1. Look at your peak flow meter to make sure the mouthpiece is clean and clear of any objects.



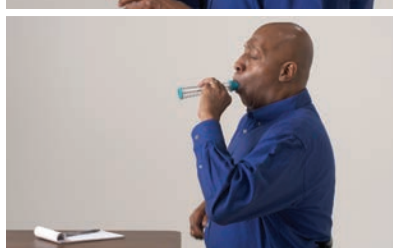
2. Move the marker to the bottom of the numbered scale. You may need to shake it to move the marker down.



3. Stand or sit up straight.



4. Take a deep breath in through your nose.



5. Place the device between your teeth or gums, biting down gently. Then seal your lips tightly around the mouthpiece.

You can also connect with a respiratory therapist for one-on-one, free support from the American Lung Association's Lung Helpline at **1-800-LUNGUSA**.