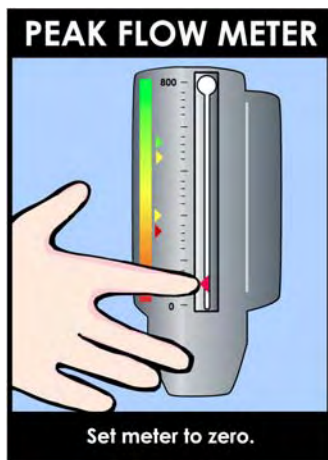


Peak flow meter. This handheld device measures how well a person can blow out air from the lungs. A peak flow meter reading that falls in the meter's green (or good) zone means the airways are open. A reading in the yellow zone means there's potential for an asthma flare. A reading in the red zone means the flare is serious and could mean that a person needs medication or treatment immediately - maybe even a trip to the doctor or emergency room. People who take daily medicine to control their asthma symptoms should use a peak flow meter at least one to two times a day and whenever they are having symptoms.

Step 1



Step 2



Step 3



Step 4



Step 5



Step 6

