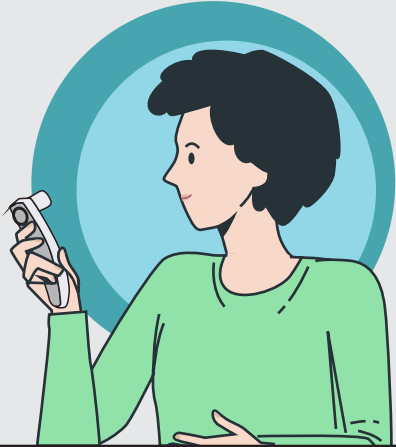


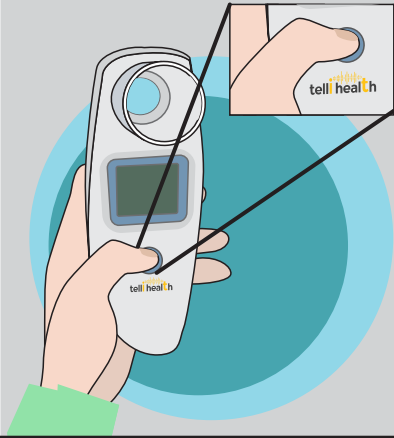
How to use your Peak Flow Meter

Stand or sit up straight and hold the peak flow meter in front of you.



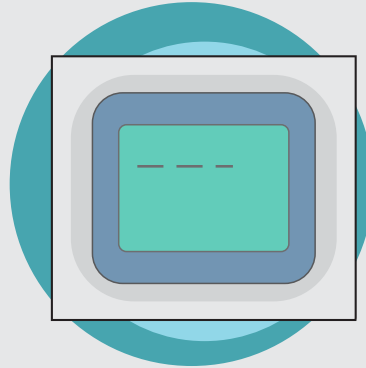
1

Press and hold the blue power button until the screen turns on.



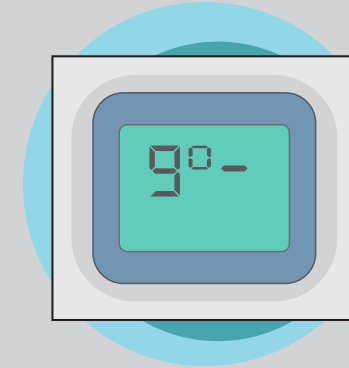
2

A dotted line will appear on the screen.



3

Then the word "go" will appear on the screen.



4

Take a deep breath in, filling your lungs with air completely.



5

Put the mouthpiece into your mouth, and form a tight seal with your lips.



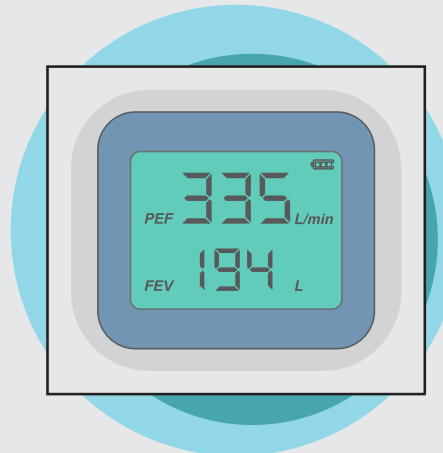
6

Blow out as hard and fast as possible through the mouthpiece.



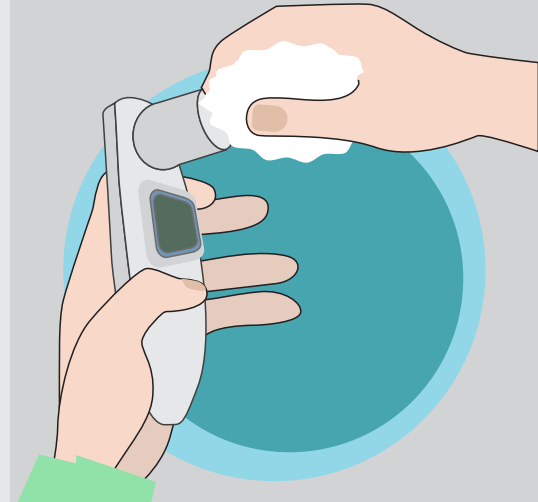
7

The device will display your readings on the screen.



8

Wipe down the device with a paper towel or soft cloth.



9