



Asthma Management

Breathe Easy

A Guide for Parents: Track Your Child's Numbers and Know Your Child's Zone

The Peak Flow Meter

The peak flow meter helps you measure how well your child is breathing. You should know his/her "personal best" (the highest peak flow number gotten over a period of 2 to 3 weeks when your child has no asthma symptoms).

If the peak flow number drops well below the personal best, it means that your child is having trouble breathing and may need to take asthma medicine.

How to Use the Peak Flow Meter:

1. Move the pointer to the bottom.
2. Hold the peak flow meter without blocking the mouthpiece of the air exit.
3. Stand up and take a deep breath.
4. Place the meter in the mouth and make sure that lips are wrapped tightly around the mouthpiece.
5. Blow out as hard and fast as possible. Write down the number that the pointer points to.
6. Repeat steps 1 to 5, two more times and record the highest peak flow reading.

Asthma Action Plan

Your child should have an asthma action plan written by the doctor. Your doctor should review the asthma action plan with you and your child; and make changes as needed every 6 or 12 months.

How to Use the Asthma Action Plan

- The asthma action plan is like a traffic light with green, yellow and red zones (see next page for the asthma action plan).
- Compare your child's daily peak flow readings to his or her personal best to find out what color zone your child is in, and what you need to do to help manage his or her asthma.

Asthma Action Plan

Your child's personal best is: _____.
Date: _____

Green Zone:

Your child's peak flow reading: _____ to _____

80% to 100% of the personal best.

Great, asthma is under control!

Yellow Zone:

Your child's peak flow reading: _____ to _____

50% to 80% of the personal best.

Warning! Your child has some early warning asthma signs, such as:

Your child needs to take "quick relief" medicine.

Red Zone:

Your child's peak flow reading: _____ to _____

50% to 80% of the personal best.

Help! Your child's asthma needs help.

Your child needs to take "quick relief" medicine and see the doctor right away.