What is a Peak Flow Meter (PFM)?
A Peak Flow Meter is a hand-held device used to monitor day-to-day variations in peak expiratory flows (PEF), the fastest speed at which a person can blow air out of the lungs.

Why use a Peak Flow Meter?
A Peak Flow Meter may help you and your doctor:
• identify your asthma triggers
• detect early changes that may be a sign of worsening asthma
• determine the severity of an asthma episode
• decide when to use rescue medication or seek emergency care

How to use your TruZone™ PFM
1. Reset the yellow indicator by gently shaking the TruZone™ PFM vertically.
2. Take as deep a breath as possible. Blow out as hard and as fast as possible.
3. Repeat 3 times. Record the reading.
4. Look at the number on the scale beside the yellow indicator. Record this number in the space provided in your TruZone™ PFM Daily Record.

Daily Record

When you finish using your TruZone™ PFM, be sure to store it in its original package.
The Lung Association believes that the use of products such as AeroChamber MAX® VHC with your metered dose inhaler is helpful in delivering medication to the lungs.

Your Complete Asthma Management Solution.  

ColorZone™ tapes are adapted from the traffic light system. For additional information, visit www.truzone.ca

**ASTHMA ACTION PLAN**

**NOTE:** Always keep your peak flow daily diary up to date, and bring it with you for your doctor’s appointments.

**GREEN ZONE**

**Signals “All Clear”**
- 80-100% of your personal best ______ to ______
- No symptoms and routine treatment for maintaining control can be followed

Check Peak Expiratory Flow ________ x ________/day

Take normal maintenance therapy of:
- ______________ bronchodilator x ___/day
- ______________ anti-inflammatory x ___/day
- ______________ other x ___/day

**YELLOW ZONE**

**Signals “Caution”**
- 50-80% of your personal best ______ to ______
- Worsening of cough, wheeze or chest tightness, waking at night (may not occur)
- Measure and monitor peak flow in morning and night
- Increased use of medication may be required
- If relief (return to green zone) is not accomplished within ___________ hours, contact your doctor or clinic

Take ________ bronchodilator as needed up to _____ times
Increased use of ______________ bronchodilator x ___/day
Increased use of _____________ anti-inflammatory x ___/day

**RED ZONE**

**Signals “Medical Alert”**
- LESS THAN 50% of your personal best (below______ )
- Take ________ bronchodilator IMMEDIATELY. Repeat every ________ minutes as needed
- Acute asthma attack may occur: Try and remain calm

**Other Special Instructions:**

- SEEK MEDICAL ATTENTION IMMEDIATELY if peak flows do not return to yellow or green zone within __________ minutes
- It is important not to wait in seeking medical attention, especially if you experience shortness of breath at rest, difficulty speaking, or have difficulty taking your medication

**Asthma Action Plan for:**

**Date:**

**Doctor’s Name:**

**Doctor’s Phone Number:**

**Personal Best Peak Flow:**

**Emergency Phone Number:**

www.truzone.ca