

Once you have learnt to effectively take your medications, it is important to monitor your asthma symptoms to enable you to know when to pick out when your symptoms are getting worse.

### How to use a peak flow meter

- ☒ Sit or stand straight
- ☒ Hold the meter level to your mouth and then move the marker to zero or start point. Do not block the marker with your fingers.
- ☒ Take as deep a breath as you can
- ☒ Seal your lips tightly around the mouthpiece and blow as hard and fast as you can
- ☒ Do this 3 times to get the best result
- ☒ Record the highest score on your peak flow chart or diary

The peak flow meter will have marked on it green, yellow and red zones.



The **Green** zone marked on the peak flow will show that your asthma is well controlled.

If you start moving into the zone, then it is an indication that you may be at a risk of having an asthma and need to take necessary precautions.

The **RED** zone will mean that you should **IMMEDIATELY** go to your nearest health centre or hospital!!!!

Carry your reliever medication with you at all times!

# Learn to CONTROL Your ASTHMA



## Medications and Puffers



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## Controlling Asthma

Controlling your asthma becomes difficult when you do not know how to use your puffers properly. In this way you may not get the full benefit of the medicine you take as some of it escapes through your mouth.

There are 2 types of puffers:

- ☒ **Preventer (Beclomethasone)** - this puffer is usually brown in colour and helps to make your airways less sensitive. Should be taken everyday even when you do not feel any symptoms.
- ☒ **Reliever (salbutamol)** - this puffer is usually blue in colour should be used only when you find breathing difficult, experience wheezing or other symptoms.



## Using Puffers on their own

- ☒ Remove the cap and hold the puffer up straight
- ☒ Shake the puffer
- ☒ Tilt your head and slowly breathe out
- ☒ Holding the puffer straight, put the mouthpiece into your mouth and seal your lips around it
- ☒ Press onto the puffer once only while you take a slow, deep breath
- ☒ Hold your breath for 10 seconds or for as long as you can,
- ☒ Then remove the puffer from your mouth and replace the puffer cap
- ☒ To take more medication, repeat the steps

You can also use a Spacer with your puffer if you find it hard to coordinate pressing your puffer and breathing in at the same time.

Taking reliever medication (blue puffer) through a spacer is as effective as medication through nebulisers (mask).

### Using a Spacer with puffer



- ☒ Remove cap, shake puffer then attach the puffer to the end of spacer
- ☒ Seal your mouth around the mouthpiece and breathe out slowly
- ☒ Press the puffer and take a deep breath in while keeping your mouth sealed around the mouthpiece
- ☒ Take another 3 breaths in the same way
- ☒ Repeat the same steps if you need to take more medication