

## **Instructions for Lots of Fresh Air**

1. Smile, be friendly
2. Perform peak flow measurement
3. Fill out Health Expo Booklet
4. Hand out peak flow info 1/2 sheet to those with low peak flow measurements

## **Supplies List for Lots of Fresh Air**

Lots of Fresh Air Banner

Fresh Air Table Sign

Air Instruction Folder

Peak Flow Meter

Alcohol soaked cotton balls / container

Peak Flow Handout 1/2 Sheet

How to Quit Smoking Handout

Why Stop Smoking Handout

Waste Basket

Pen

Peak Flow Instructions