

Emergency Care for **CHOKING**

Emergency Phone Number

911

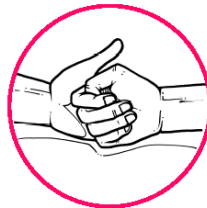
CONSCIOUS VICTIM

**If victim CAN breathe,
cough or speak—
DO NOT INTERFERE.**

**If victim CANNOT breathe,
cough or speak—
give quick upward thrusts
(grip above waist but below ribs).**



(Avoid pressing on the bottom of the breastbone.)



**Hold fist
with thumb
tucked in.**

**With thumb side
inward, use
other hand to
give an in and
upward thrust.**



Repeat thrust steps until effective or until victim becomes UNCONSCIOUS.

UNCONSCIOUS VICTIM

Phone 911 or other emergency response number or send someone to call.



Open the airway.
Look for foreign object.
IF one is seen, remove it
(head tilt, chin lift).
Start CPR.

Return to the victim.



Attempt two breaths.

**Repeat steps 1, 2 and 3 until
victim starts breathing or
until emergency/medical help arrives.**



Do 30 chest compressions
(Place heel of one hand on
center of breastbone and
heel of second hand on
first hand).

- Have someone call for an ambulance, rescue squad or EMS.
 - **DO NOT PRACTICE ON PEOPLE.** Abdominal thrust may cause injury. Use the back blows and chest thrust on infants. Use the chest thrust on pregnant women and obese victims.
 - Learn to perform emergency care for choking and cardiopulmonary resuscitation (CPR).
 - For CPR training information, call your local American Heart Association or American Red Cross chapter.
 - For children 1 to 8 years of age, use one hand for chest compressions and one breath.
- Standards from the American Heart Association