

## Adult/Child Choking

Signs and actions for choking. When food or an object like a toy gets in the airway, it can block the airway. Adults and children can easily choke while eating. Children can also easily choke when playing with small toys. If the victim can make sounds and cough loudly stand by and let them cough. If you are worried about the victim's breathing, phone 911.

Choking can be scary. If the block in the airway is severe, you must act quickly to remove the block. If you do, you can help the victim breathe. If the victim cannot breathe, has a cough that is very quiet or has no sound, cannot talk or make a sound, cannot cry (younger child) has high-pitched, noisy breathing, has bluish lips or skin, or makes the choking sign the block in the airway is severe and you should act quickly by doing the Heimlich maneuver.

FYI: The choking sign. If someone is choking, he might use the choking sign (holding the neck with one or both hands)

How to help a choking person over one year of age:

If you think the victim is choking ask, "Are you choking?" If he nods yes, tell him you are going to help.

Kneel or stand firmly behind him and wrap your arms around him so that your hands are in front.

Make a fist with one hand.

Put the thumb side of your fist slightly above his belly button and well below the breastbone.

Grasp the fist with your other hand and give quick upward thrusts into his belly.

Give thrusts until the object is forced out and the victim can breathe, cough, or talk or until he stops responding.

\*\*\*If you cannot remove the object, the victim will stop responding. When the victim stops responding yell for help or if alone, call 911.

If you know CPR, follow the training you have received.