CONSCIOUS CHOKING

Cannot Cough, Speak, Cry or Breathe

After checking the scene for safety and the injured or ill person, have someone CALL 9-1-1 and get consent. For children and infants, get consent from the parent or guardian, if present.

1 GIVE 5 BACK BLOWS

- **Adult:**

- **Child:**

- **Infant:**

2 GIVE 5 ABDOMINAL THRUSTS

- **Adult:**

- **Child:**

- **Infant:** (chest thrusts for infant)

TIP: *For infants, support the head and neck securely. Keep the head lower than the chest.*

3 REPEAT STEPS 1 AND 2 UNTIL THE:

- Object is forced out.
- Person can cough forcefully or breathe.
- Person becomes unconscious.

WHAT TO DO NEXT

- IF PERSON BECOMES UNCONSCIOUS — Carefully lower the person to the ground and give CARE for unconscious choking, beginning with looking for an object.
- Make sure **9-1-1** has been called.

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