

# What are YOU gonna do about... CHOKING?

## Things to watch for...

- Trouble breathing
- Coughing or choking for several minutes
- Gripping the throat with one or both hands
- High-pitched wheezing
- Bluish color of skin, lips, fingertips/nails, and earlobes

**ATTENTION:** There are TWO separate “What to do...” parts here... one for ADULTS & CHILDREN (below) and one for INFANTS (see next page)!

## What to do... for ADULTS & CHILDREN (*Children over age 1*)

- Tell victim to try and cough it out. Ask “are you choking?” If victim nods yes, tell him/her you are going to help.
- Stand behind victim, wrap your arms around him/her and place your fist (thumb side in) just above victim’s belly button well below the breastbone.
- Grab the fist with your other hand and give quick, upward thrusts into their abdomen.
- Continue giving thrusts until the object is coughed out and victim can breathe, cough or talk or until he/she stops responding or passes out.

## If ADULT or CHILD stops responding or passes out:

- Yell for help, check breathing, and position victim on a flat surface so you can begin CPR (30 compressions and 2 breaths) - or do Hands-only CPR - to help force object out.
- Find hand position in center of chest over breastbone  
FOR ADULTS – see illustration 3-1 on page 190  
FOR CHILDREN – see illustration 3-2 on page 191
- Begin chest compressions:  
ADULTS – Using **both** hands, compress chest 30 times.  
CHILDREN – Using **one** hand, compress chest 30 times.
- Check mouth for object after every set of 30 compressions then give 2 rescue breaths (if doing). After 5 sets, call 911.
- Continue doing 30:2 sets until victim moves, coughs or talks or help arrives.

### **What to do... for INFANTS (Newborn to age 1)**

- If infant stops breathing, have someone call an ambulance.
- Turn infant face down on your forearm and support its head with that hand -- hold at angle so it's head is lower than chest. (May want to brace arm holding infant against your thigh.)
- Give 5 back blows between infants' shoulder blades with the heel of your other hand.
- If no object comes out, turn infant over so it is facing up on your forearm (still at an angle so head lower than chest) -- use your **first two fingers** to find the center of the breastbone on infant's chest.
- Give 5 thrusts to infant's chest using **only 2 fingers!** (Each thrust should be 1½ inches [3.81 cm] deep!)
- Repeat steps until infant can breath, cough, or cry or until he/she stops responding or passes out.

### **If INFANT stops responding or passes out:**

- Place infant on a firm, flat surface above ground (like on a table or counter) so you can begin Infant CPR.
- Yell for help and check infant's breathing.
- Find finger position in center of chest over breastbone [*see illustration 3-3 on page 192*]
- Using **2 fingers only**, compress chest 30 times.
- Open the airway and check mouth for object(s). If you see it, take it out.
- Give 2 breaths ... and remember, cover both mouth and nose on Infants!
- Repeat giving sets of 30 compressions and 2 rescue breaths, checking the mouth for objects. After 5 sets, call 911 (if they haven't already been called).
- Continue doing 30:2 sets until infant starts to respond or help arrives.