

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.

Return to the victim.



1
Open the airway.
Look for foreign object.
IF one is seen, remove it
(head tilt, chin lift).
Start CPR.



2
Attempt two breaths.

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



3
Do 30 chest compressions
(Place heel of one hand on
center of breastbone and
heel of second hand on
first hand).