



Emergency Care for CHOKING

Emergency Phone Number

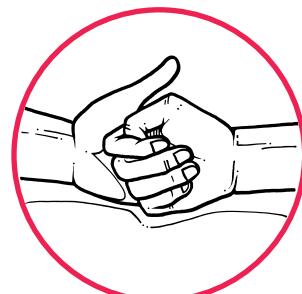
CONSCIOUS VICTIM

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.



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



**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).