

CHOKING/CPR

CALL 911 OR AN EMERGENCY NUMBER AFTER STARTING RESCUE EFFORTS.
LEARN AND PRACTICE CPR

YOU SHOULD START FIRST AID IF...

- The child cannot breathe at all (the chest is not moving up and down).
- The child's airway is so blocked that there's only a weak cough and a loss of color.
- The child cannot cough, talk, or make a normal voice sound.
- The child is found unconscious. (Go to CPR.)

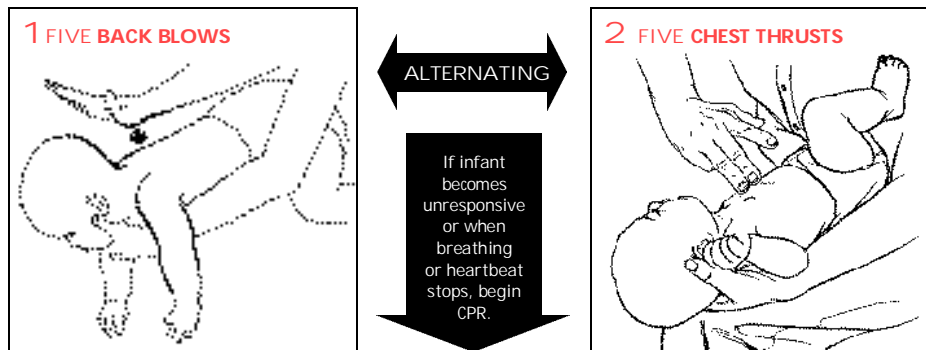
DO NOT START FIRST AID IF...

- The child can breathe, cry, talk, or make a normal voice sound.
- The child has a strong cough. (A strong cough means there is little or no blockage.)

FOR INFANTS UNDER ONE YEAR

INFANT CHOKING

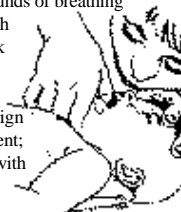
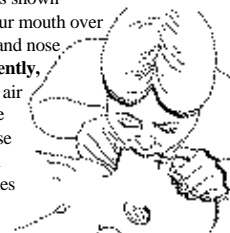


Begin the following if the infant is choking and is unable to breathe. However, if the infant is coughing, crying, or speaking, DO NOT do any of the following, but call your doctor for further advice.



INFANT CPR

Cardiopulmonary Resuscitation

To be used when infant is unresponsive or when breathing or heart beat stops.

<p>1 OPEN AIRWAY</p> <ul style="list-style-type: none"> • Look for movement of the chest and abdomen • Listen for sounds of breathing • Feel for breath on your cheek • Open airway as shown • Remove foreign object if present; sweep it out with finger only if seen 	<p>2 RESCUE BREATHING</p> <ul style="list-style-type: none"> • Position head and chin with both hands as shown • Seal your mouth over mouth and nose • Blow gently, enough air to make chest rise and fall two times 	<p>If no rise or fall, repeat 1 & 2. If no response, treat for obstructed airway. (See "INFANT CHOKING" steps 1 & 2 above.)</p>	<p>3 FEEL FOR PULSE AS SHOWN</p> <ul style="list-style-type: none"> • Pulse present, continue 1 breath every 3 seconds • No pulse, start chest compressions 	<p>4 CHEST COMPRESSIONS</p> <ul style="list-style-type: none"> • Compress chest 1/2" to 1" • Alternate 5 fast compressions with 1 breath • Compress chest 100 times per minute <p>Check for return of pulse and breathing every minute.</p> 
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FOR CHILDREN OVER ONE YEAR

CHILD CHOKING

Begin the following if the child is choking and is unable to breathe. However, if the child is coughing, crying, or speaking, **DO NOT** do any of the following, but call your doctor for further advice.

1 QUICK UPWARD THRUST, JUST ABOVE THE NAVEL

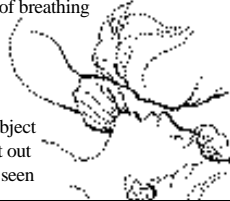


CONSCIOUS

If child becomes unresponsive or when breathing or heartbeat stops, begin CPR.

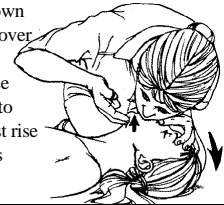
1 OPEN AIRWAY

- **Look** for movement of the chest and abdomen
- **Listen** for sounds of breathing
- **Feel** for breath on your cheek
- **Open** airway as shown
- **Remove** foreign object if present; sweep it out with finger only if seen



2 RESCUE BREATHING

- **Position** head and chin with both hands as shown
- **Seal** your mouth over child's mouth
- **Pinch** child's nose
- **Blow** enough air to make child's chest rise and fall two times



If no rise or fall, repeat 1 & 2. If no response, treat for obstructed airway. (See "UNCONSCIOUS" step 3 below.)

3 THRUST UPWARDS IN MIDLINE JUST ABOVE THE NAVEL (up to 5 times)

UNCONSCIOUS



Repeat child CPR 1-3 until chest rises and falls.

4 FEEL FOR PULSE AS SHOWN

- **Pulse present**, continue 1 breath every 3 seconds
- **No pulse**, start chest compressions



5 CHEST COMPRESSIONS

- **Compress** chest 1" to 1 1/2"
- **Alternate** 5 compressions with 1 breath
- **Compress** chest 100 times per minute

One finger width above lower tip of breast bone



If at any time an object is coughed up or the infant/child starts to breathe, call your doctor for further advice. Ask your physician for information on an approved first aid course or CPR course in your community.