

Guidelines for what to do if a person is choking

	Baby	Child and adult
Problem signs	<ul style="list-style-type: none"> • May be turning blue • Cannot cough or scream • Scared or agitated • May be arched and rigid 	<ul style="list-style-type: none"> • May be turning blue • Cannot talk, cry or make speech or cough sounds • May grab throat
What you should do	<p>Send someone to call 911 right away; if alone, act to rescue first.</p> <p>With the baby in a face-down position and their head lower than their body, hit between the shoulder blades with the heel of your hand up to 5 times. Keep the baby between your arms and braced against your lap.</p> <p>Turn the baby over, keeping the head lower than the body. Do up to 5 chest thrusts on the sternum (breastbone) just below the nipple line.</p> <p>Do not try to reach into the mouth to grab object or do a blind finger sweep.</p> <p>Repeat back blows and chest thrusts until baby is no longer choking or becomes unconscious (passes out).</p> <p>Get medical care right away after a serious choking episode.</p>	<p>Send someone to call 911 right away; if alone, act to rescue first.</p> <p>Standing braced behind the person, place thumb side of your fist against their stomach, just above the belly button.</p> <p>Grab your fist with your other hand. Use both hands to thrust in an upward direction.</p> <p>Do not try to reach into the mouth to grab object or do a blind finger sweep.</p> <p>Repeat thrusts until the person is no longer choking or becomes unconscious (passes out).</p> <p>Get medical care right away after a serious choking episode.</p>

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

Choking, continued

	All ages
If the person passes out	<ul style="list-style-type: none">• Tell someone to call 911 if you have not already done so.• Begin CPR. Look in the person's mouth before blowing into it to see if object can be removed.• Call 911 after 5 cycles of CPR if you are alone and there is no one who could have called earlier.

This teaching sheet contains general information only. Talk with your child's doctor or a member of your child's healthcare team about specific care of your child.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.