CHOKING

1 CHECK THE SCENE & THE PERSON

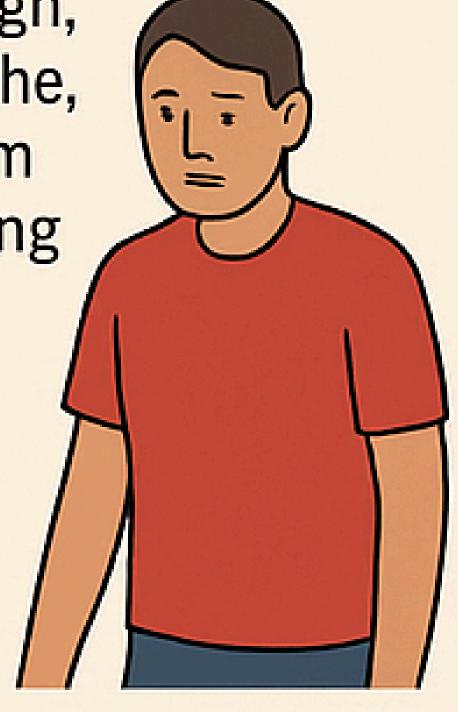
Make sure the area is safe



ENCOURAGECOUGHING

If they can cough, speak, or breathe, encourage them to keep coughing

Stay close and monitor



CALL FOR HELP

If the airway is severely blocked (silent, cannot breathe, turning blue)

Call 911 immediately



GIVE ABDOMINAL THRUSTS

(HEIMLICH MANEUVER)

Stand behind the person

Wrap your arms around their waist

Make a fist, place it just above the belly button

Grasp the fist with your other hand

Give quick, inward and upward thrusts



REPEAT THRUSTS

Continue abdominal thrusts until the object is expelled or the person becomes unresponsive



6 IF UNRESPONSIVE, START CPR

Lower them gently to the ground Call 911 if not already done

Begin CPR (30 compressions. 2 breaths)