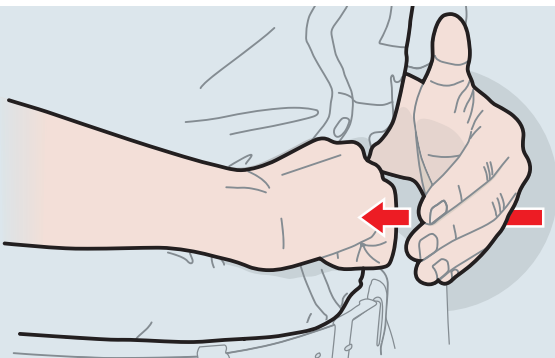


CHOKING



Ask “Are you choking?”
Call 911 if person can’t speak or breathe



Person is awake

Make a fist.

Place it above the person’s belly button, well below the rib cage.



Pull sharply, inward and upward.

Continue until the food comes out or the person can breathe.

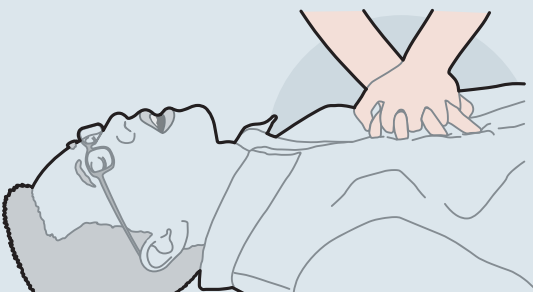


Person stops responding

Open the mouth. If food is there, take it out. If food is not visible, tilt the person’s head back.



Pinch the person’s nose. Place your mouth over the person’s mouth and give two breaths.



Push hard repeatedly in chest center for 20 seconds. Check breathing. Repeat from start.