# CONSCIOUS CHOKING

Cannot Cough, Speak, Cry or Breathe

After checking the scene for safety and the injured or ill person, have someone CALL 9-1-1 and get consent. For children and infants, get consent from the parent or guardian, if present.

## 1. GIVE 5 BACK BLOWS

- Adult

- Child

- Infant

## 2. GIVE 5 ABDOMINAL THRUSTS

- Adult

- Child

- Infant (chest thrusts for infant) TIP: For infants, support the head and neck securely. Keep the head lower than the chest.

## 3. REPEAT STEPS 1 AND 2 UNTIL THE:

Object is forced out.

Person can cough forcefully or breathe.

Person becomes unconscious.

## WHAT TO DO NEXT

IF PERSON BECOMES UNCONSCIOUS — Carefully lower the person to the ground and give CARE for unconscious choking, beginning with looking for an object.

Make sure 9-1-1 has been called.

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