

# 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

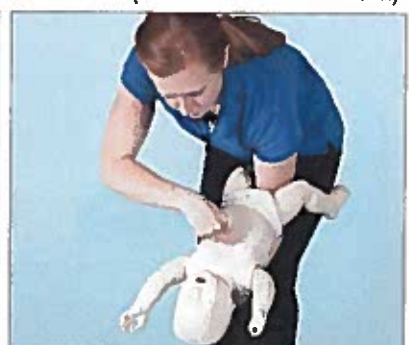
■ Adult:



■ 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.



**American  
Red Cross**