CHOKING/CPR

LEARN AND PRACTICE CPR (CARDIOPULMONARY RESUSCITATION). IF ALONE WITH A CHILD WHO IS CHOKING...

1. SHOUT FOR HELP. 2. START RESCUE EFFORTS. 3. CALL 911 OR YOUR LOCAL EMERGENCY NUMBER.

START FIRST AID FOR CHOKING IF

DO NOT START FIRST AID FOR CHOKING IF

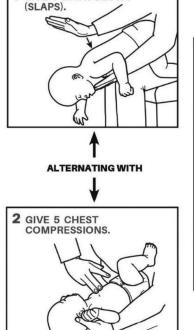
- The child cannot breathe at all (the chest is not moving up and down).
- · The child cannot cough or talk or looks blue.
- The child is found unconscious/unresponsive. (Go to CPR.)
- The child can breathe, cry, or talk.
- The child can cough, sputter, or move air at all. The child's normal reflexes are working to clear the airway.

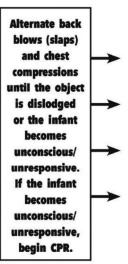
FOR INFANTS YOUNGER THAN 1 YEAR

INFANT CHOKING

If the infant is choking and is unable to breathe, cough, cry, or speak, follow these steps. Have someone call 911.

GIVE 5 BACK BLOWS





INFANT CPR

To be used when the infant is UNCONSCIOUS/UNRESPONSIVE or when breathing stops. Place infant on flat, hard surface.

- 1 START CHEST COMPRESSIONS.
- · Place 2 fingers of 1 hand on the breastbone just below the nipple line.
- Compress chest at least 1/3 the depth of the chest, or about 4 cm (1.5 inches).
- After each compression, allow chest to return to normal position. Compress chest at rate of at least 100 times per minute.
- Do 30 compressions.

- 2 OPEN AIRWAY.
- . Open the airway (head tilt-chin lift).
- · If you see a foreign body, sweep it out with your finger. Do NOT do blind finger



- 3 START RESCUE BREATHING.
- · Take a normal breath.
- · Cover infant's mouth and nose with your mouth.
- Give 2 breaths, each for 1 second. Each breath should make the chest rise.

6

- 4 RESUME CHEST COMPRESSIONS.
- . Continue with cycles of 30 compressions to 2 breaths.
- · After 5 cycles of compressions and breaths (about 2 minutes), and if no one has called 911 or your local emergency number, call it



If at any time an object is coughed up or the infant/child starts to breathe, stop rescue breaths and call 911 or your local emergency number.

Ask your pediatrician for information on choking/CPR instructions for children older than 8 years and for information on an approved first aid or CPR course in your community.