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.