CHOKING/CPR

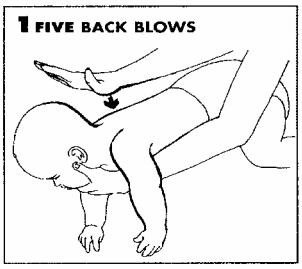
Call 911 or an Emergency Number after starting rescue efforts.
LEARN AND PRACTICE CPR

FOR INFANTS UNDER ONE YEAR

INFANT CHOKING

Begin the following if the infant is choking and is unable to breathe. However, if the infant is coughing, crying, or speaking, DO NOT do any of the following, but call your doctor for further advice.

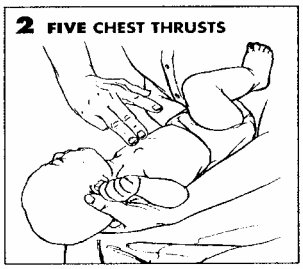
1 FIVE BACK BLOWS



ALTERNATING

If infant becomes unresponsive or when breathing or heartbeat stops, begin CPR.

2 FIVE CHEST THRUSTS



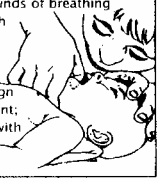
INFANT CPR

Cardiopulmonary Resuscitation

To be used when infant is unresponsive or when breathing or heartbeat stops.

1 OPEN AIRWAY

- **Look** for movement of the chest and abdomen
- **Listen** for sounds of breathing
- **Feel** for breath on your cheek
- **Open** airway as shown
- **Remove** foreign object if present; sweep it out with finger only if seen



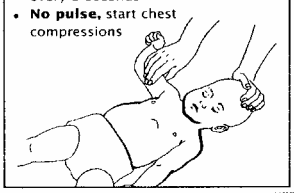
2 RESCUE BREATHING

- **Position** head and chin with both hands as shown
- **Seal** your mouth over mouth and nose
- **Blow gently,** enough air to make chest rise and fall two times

If no rise or fall, repeat 1 & 2. If no response, treat for obstructed airway. (See "INFANT CHOKING" steps 1 & 2 above.)

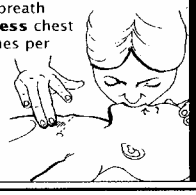
3 FEEL FOR PULSE AS SHOWN

- **Pulse present,** continue 1 breath every 3 seconds
- **No pulse,** start chest compressions



4 CHEST COMPRESSIONS

- **Compress** chest 1/2" to 1"
- **Alternate** 5 fast compressions with 1 breath
- **Compress** chest 100 times per minute



Check for return of pulse and breathing every minute.

FOR CHILDREN OVER ONE YEAR

CHILD CHOKING

Begin the following if the child is choking and is unable to breathe. However, if the child is coughing, crying, or speaking, DO NOT do any of the following, but call your doctor for further advice.

1 QUICK UPWARD THRUST, JUST ABOVE THE NAVEL

CONSCIOUS

If child becomes unresponsive or when breathing or heartbeat stops, begin CPR.

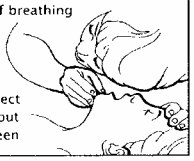
CHILD CPR

Cardiopulmonary Resuscitation

To be used when child is unresponsive or when breathing or heartbeat stops.

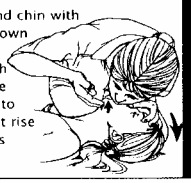
1 OPEN AIRWAY

- **Look** for movement of the chest and abdomen
- **Listen** for sounds of breathing
- **Feel** for breath on your cheek
- **Open** airway as shown
- **Remove** foreign object if present; sweep it out with finger only if seen



2 RESCUE BREATHING

- **Position** head and chin with both hands as shown
- **Seal** your mouth over child's mouth
- **Pinch** child's nose
- **Blow** enough air to make child's chest rise and fall two times



If no rise or fall, repeat 1 & 2. If no response, treat for obstructed airway. (See "UNCONSCIOUS" step 3 below.)

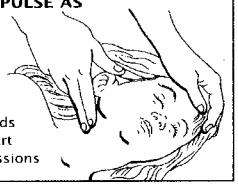
UNCONSCIOUS

3 THRUST UPWARDS IN MIDLINE JUST ABOVE THE NAVEL (up to 5 times)

Repeat child CPR steps 1-3 until chest rises and falls.

4 FEEL FOR PULSE AS SHOWN

- **Pulse present,** continue 1 breath every 3 seconds
- **No pulse,** start chest compressions



5 CHEST COMPRESSIONS

- **Compress** chest 1" to 1 1/2"
- **Alternate** 5 compressions with 1 breath
- **Compress** chest 100 times per minute

One finger width above lower tip of breast bone

The information contained in this publication should not be used as a substitute for the medical advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on the individual facts and circumstances.

If at any time an object is coughed up or the infant/child starts to breathe, call your doctor for further advice. Ask your physician for information on an approved first aid course or CPR course in your community.

Turn Over for First Aid Instructions

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