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.