

# Emergency Care for **CHOKING**

## **CONSCIOUS VICTIM**

**If victim CAN breathe, cough or make sounds, DO NOT INTERFERE.**



**Give quick upward thrusts above the belly button and below the ribs until object is forced out, victim can breathe again, or victim becomes unconscious**

**If victim CANNOT breathe, cough or make sounds, ask if you can help.**



## **UNCONSCIOUS VICTIM**

Send someone to call 911 and get the Automated External Defibrillator (AED). **IF YOU ARE ALONE**, perform 5 sets of 30 compressions and 2 breaths before leaving to call 911. Follow these steps.



Give 30 compressions pushing down **AT LEAST 2 inches** on the center of the chest. Place one hand on top of the other. Push hard.



Open the airway and check the mouth for objects. Remove the obstructing object only if you see it.



With the airway open, attempt to give **TWO** breaths. If unsuccessful, return to compressions.

**Repeat steps 1, 2 and 3 until victim starts breathing or until emergency medical help arrives.**

**Frederick County Health Department**  
Environmental Health Services  
350 Montevue Lane  
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**If the person becomes unresponsive,**

- Call 911 or local EMS  
Telephone \_\_\_\_\_
- Return to the person
- Lay the person flat on his or her back
- Open his or her mouth
- Remove the object if you see it