Remove the object if you see it.

Compressions: Each time you open the airway, look in the airway and if the person becomes unconscious, begin CPR starting with chest compressions.

Forehead or breathe, or the person becomes unconscious.

Repeat steps 1 and 2 until the object is forced out, the person can cough.

NEXT STEPS

GIVE 5 ABDOMINAL THRUSTS

GIVE 5 BACK BLOWS

Victim cannot cough, speak, or breathe.

First Aid for Food Choking

Rescuer must act quickly. Choking is a life-threatening condition. Call 911 immediately.

Infant

Child

Adult

Infant

Child

Adult

Infant

Child

Adult

Adult

Adult

Adult