



Check:
Severe or mild choking?

SEVERE CHOKING
(complete obstruction):

- Baby can't cough, cry or make any sound
- Face turning blue (or very pale)



If severe choking -
ACT FAST!
Every second counts

SEVERE CHOKING

1. 5 back blows



SEVERE CHOKING

2. 5 chest thrusts



SEVERE CHOKING

**3. Keep repeating:
5 back blows &
5 chest thrusts**



until the object comes out,
help arrives, or the baby
becomes unresponsive

FIRST-AID for a CHOKING BABY

Coffee&Aids
Band-Aids
Family First-Aid Made Simple

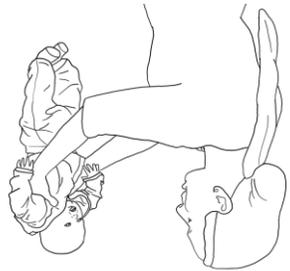
WHAT NOT TO DO

- Do NOT perform abdominal thrusts on infants under age 1
- Do NOT do blind finger sweeps

REMEMBER 2 THINGS:

1 If baby is choking:
5 back blows & 5 chest thrusts
Repeat sequence

2 If baby is unresponsive:
Call for help & Begin CPR



- Baby is coughing or breathing (making sounds)
- 1. Watch baby closely**
 - 2. Call for help** if baby does not improve right away

MILD CHOKING

Use finger to remove an object **only if you can clearly see it!**

Check the mouth after each cycle.

SEVERE CHOKING

If baby becomes unresponsive:
and
Call for help
Begin CPR
2 rescue breaths &
30 chest compressions