

SECTION #4

COUGHING OR CHOKING

COUGHING CAN BE A LIFE SAVER!

COUGHING is the body's natural mechanism to keep lungs clear and get foreign bodies out of the airway

If you can cough and dislodge the foreign matter, no disease happens; aspirated material is cleared by muscles of the respiratory tract

You've heard someone say, "It went down the wrong pipe"; you cough, and you're generally fine within a few seconds



CHOKING IS LIFE THREATENING!

- IF YOU **CHOKE--**
THE AIRWAY IS BLOCKED; OXYGEN CAN NOT GET THROUGH AND IT IS LIFE THREATENING!
- Don't say "coughing" if the person is "choking"; action needs to be taken immediately for choking
- If an individual with developmental disabilities chokes and dies of respiratory failure, "aspiration" is usually not listed as the primary cause of death
- In reality, "but for the aspiration", the individual would have lived

