



## Caregiver Bulletin

# Choking

### Know the signs

Choking happens when a person's airway is blocked.

Common signs include:

- Hands to throat.
- Gasping, wheezing, or whistling sounds.
- Labored breathing.
- Trouble talking.
- Panic or distress.
- Change in color: pale, blueish, gray or red.

### Learn more

- [National Safety Council Choking Prevention and Safety Tips](#)
- [American Red Cross CPR Classes](#)

### For Wheelchair Users:

- [Abdominal thrusts how to's](#)

### Common foods related to choking

- Apples.
- Bananas.
- Crackers.
- Grapefruit sections.
- Grapes.
- Hard candies.
- Marshmallows.
- Meat (especially hot dogs).
- Orange slices.
- Nuts.
- Pasta.
- Peanut butter.
- Pineapple chunks.
- Pizza.
- Popcorn.
- Potato chips and French fries.
- Potatoes.
- Raw vegetables.
- Rice.



### Common causes of choking

- Eating too fast.
- Eating too much at once.
- Doing other things while eating, such as walking, talking or playing.
- Having a condition that makes it hard to chew or swallow.
- Eating something with two or more textures, like pop and a hot dog or cereal and milk.
- Not sharing diet needs with new caregivers.
- Not following a plan outlined by the doctor (for those with a history of choking).



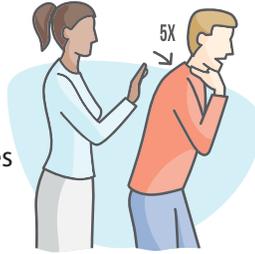
# Choking First Aid

## Person is breathing: CLEAR the AIRWAY

### ADULTS - Back blows

Lean person forward. Support with one arm diagonally across chest to prevent falls.

Give five sharp back blows between shoulder blades with the heel of your hand.



### ADULTS - Abdominal thrusts

Wrap your arms under their rib cage with your feet between the persons for stability.

Make a fist and grab it with your other hand above the navel.

Give five quick thrusts inward and upward.

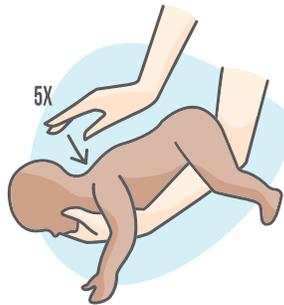
Repeat until the object is forced out and the person breathes or coughs on their own.



### INFANTS - Back blows

Support the infant on your knee or leg with their head lower than their body.

Give five sharp back blows between shoulder blades with the heel of your hand.



### INFANTS - Chest thrusts

Place two fingers on the middle of the breastbone just below the nipples.

Give up to five quick thrusts down, about one third to one half the depth of the chest.



**SEEK MEDICAL ATTENTION EVEN IF AIRWAY IS CLEAR.**

**INJURY AND PNEUMONIA ARE COMMON AFTER CHOKING INCIDENTS.**

## Person is NOT breathing: START CPR

**IF YOU HAVE NOT ALREADY DONE SO, CALL 9-1-1.**

### ADULTS

Lower to the ground and give two rescue breaths.

Follow with 30 chest compressions.

Repeat until the person breathes or help arrives.



If you are not able or willing to give rescue breaths, just do chest compressions until help arrives.



### INFANTS and CHILDREN

Give 30 quick compressions about two inches deep. For infants, compress with two fingers about 1.5 inches deep.

Give two rescue breaths.

