



# Emergency Care for **CHOKING**

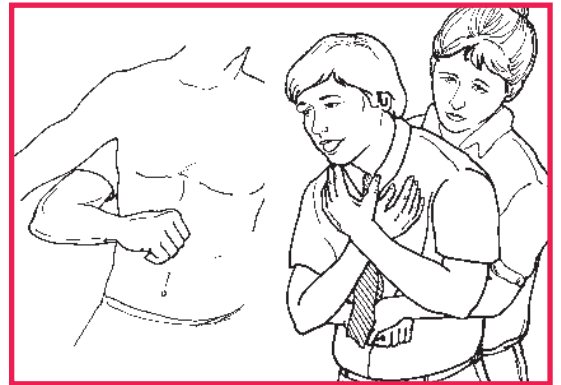
## CONSCIOUS VICTIM

**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.



**1**  
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.



**2**  
Open the airway and check  
the mouth for objects.  
Remove the obstructing  
object only if you see it.



**3**  
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.**

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Standards for CPR and ECC are consistent with  
American Heart Association recommendations.

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- Have someone call for an ambulance, rescue squad or EMS.
- **DO NOT PRACTICE ON PEOPLE.** Abdominal thrusts may cause injury.
- Use back blows and chest thrust on infants. Use chest thrust on pregnant women and obese victims.
- For children 1 to 8 years of age, compress at the depth of approximately 2 inches.
- Learn to perform emergency care for choking and cardiopulmonary resuscitation (CPR).
- For CPR training information, call your local American Heart Association or American Red Cross chapter.