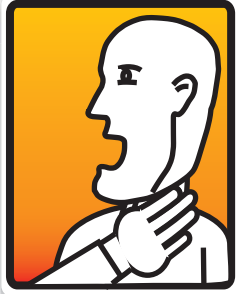


WHAT YOU SHOULD KNOW ABOUT... MEDICAL EMERGENCIES CHOKING



4 minutes to live!

LOOK

- Hand on Neck
- Cannot Speak or Breathe
- Turns Blue
- Collapses

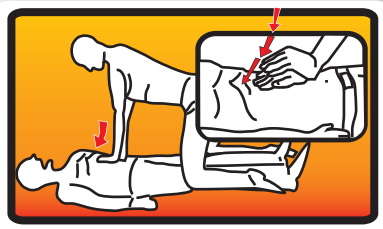
ACT

- **CALL 911 IMMEDIATELY!**
- Stand behind victim and wrap your arms around their waist
- Place your fist with the thumb side against the victim's abdomen above the naval and below the rib cage
- Grasp your fist with your other hand and press into the victim's abdomen with a quick upward thrust



LYING

- Place victim lying on their back
- Facing victim, kneel astride the thighs
- With one of your hands on top of the other, place the heel of your bottom hand on the abdomen slightly above the naval and below the rib cage
- Press into the victim's abdomen with a quick upward thrust



INFANTS & CHILDREN

- **Call 9-1-1 IMMEDIATELY!**
- If you can see the object in the infant's mouth, perform a finger sweep to remove it. **Do Not** perform a sweep in an infant's mouth if an object can not be seen.
- If an infant chokes or becomes unconscious:
 - ▶ Place the child face down over the lower part of your arm
 - ▶ With the baby's head angled down, rest your arm over your thigh
 - ▶ Using the heel of your hand, give 5 quick, firm blows between the shoulder blades
 - ▶ If the object does not dislodge, turn the child over, support with your arm resting on your thigh, and with the baby's head angled down, use 2 fingers to press the breastbone 5 times
 - ▶ Repeat the procedure as often as necessary until EMS arrives



A message from the Houston Fire Department

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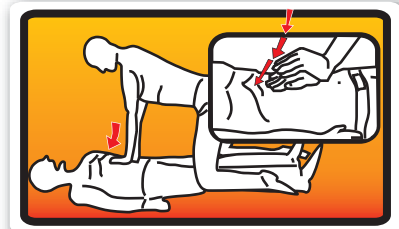
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