



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.