State of Illinois
Illinois Department of Public Health

Emergency Care for CHOKING

CONSCIOUS VICTIM

If victim CAN breathe, cough or make sounds, DO NOT INTERFERE.

If victim CANNOT breathe, cough or make sounds, ask if you can help.

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

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.

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.

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

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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Emergency Medical Systems and Highway Safety
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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.**