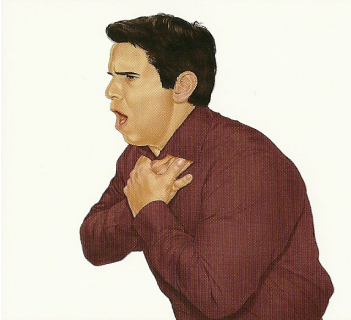


Adult Choking

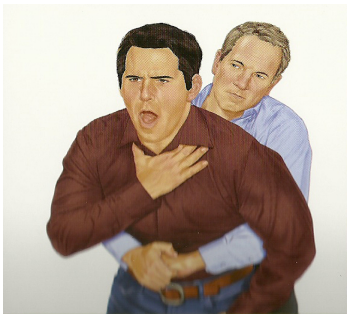


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Recognize Choking:

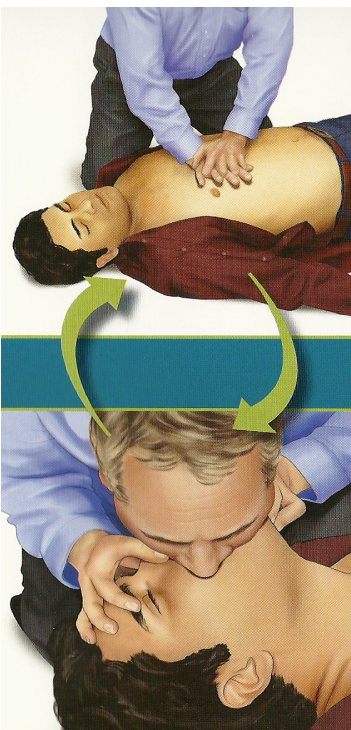
- Cannot cough or speak
- Breathing with high-pitched noises
- Blue lips or skin
- May be clutching throat



Ask “**Are you choking?**” If yes, tell the person that you are going to help

Give **abdominal thrusts** until:

- Object comes out
or
- Person can breath and make sounds
or
- Person stops responding



If the person stops responding

- **Phone 911**
- Begin the steps of **CPR**
- Each time you open the airway, **look for the object** and remove if seen
- Continue CPR until person starts to move or EMS rescuers take over