WHAT YOU SHOULD KNOW ABOUT...

MEDICAL EMERGENCIES

CHOKING

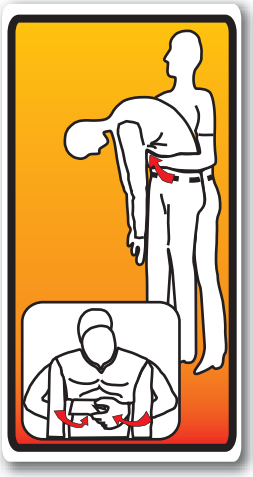
4 minutes to live!

LOOK

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

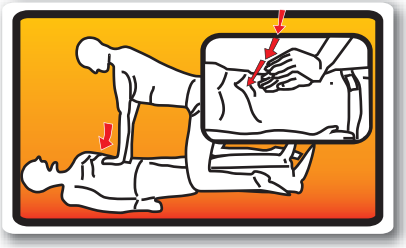
ACT

- 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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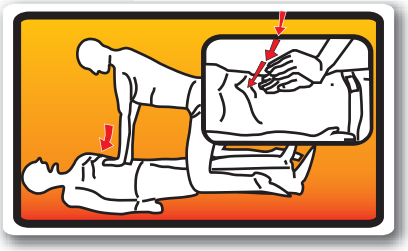

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