

Prevent Choking!

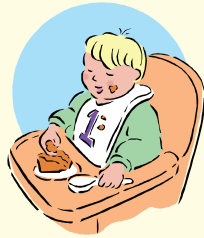
Of children under 4 years of age

Young children choke easily because their airways are small, their airway is close to where they swallow, and they have a weak cough.

What is choking?

Signs:

- Can't Breathe
- Can't Speak- not a sound
- Can't Cough
- Bluish or grayish skin color



You Can Help Prevent Choking!

Do Not Feed Children under 4 the following:

- Chunks of meat or hot dog
- Nuts, especially peanuts
- Seeds, especially sunflower seeds
- Whole grapes
- Chunks of peanut butter
- Chunks of raw vegetables
- Chunks of firm raw fruit
- Chewing gum



Keep Children Away From:

- Balloons
- Toys with small parts
- Toys that can be squeezed to fit entirely into child's mouth
- Pen or marker caps

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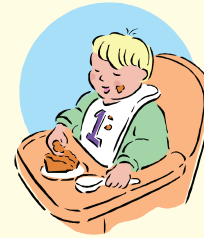
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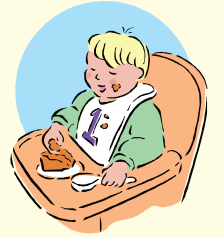
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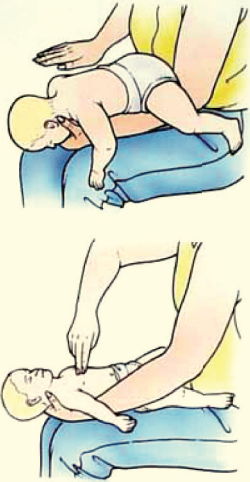
What to Do If a Child Chokes:

- Call 911
- If over age 1, do abdominal thrust (see picture)
- If under age 1, do alternating 5 back blows/5 chest thrusts (see picture)
- If child is still not breathing, begin CPR

abdominal thrust



alternating 5 back blows/
5 chest thrusts



Parenting Tips:

- Learn CPR
- Keep dangerous foods and household items away from young children
- Have children sit to eat – no walking, running, or climbing
- Be aware of older children giving dangerous food or items to young children
- Do not buy toys with small parts or very small items
- Follow age ranges on toy packages
- Keep floor and furniture free of small items that can fit into a child's mouth.

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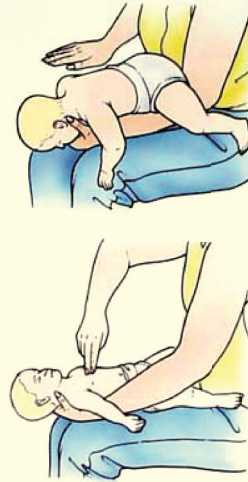
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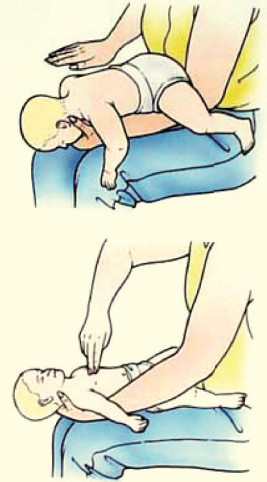
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