

A guide on how to save a life

# CHOKING



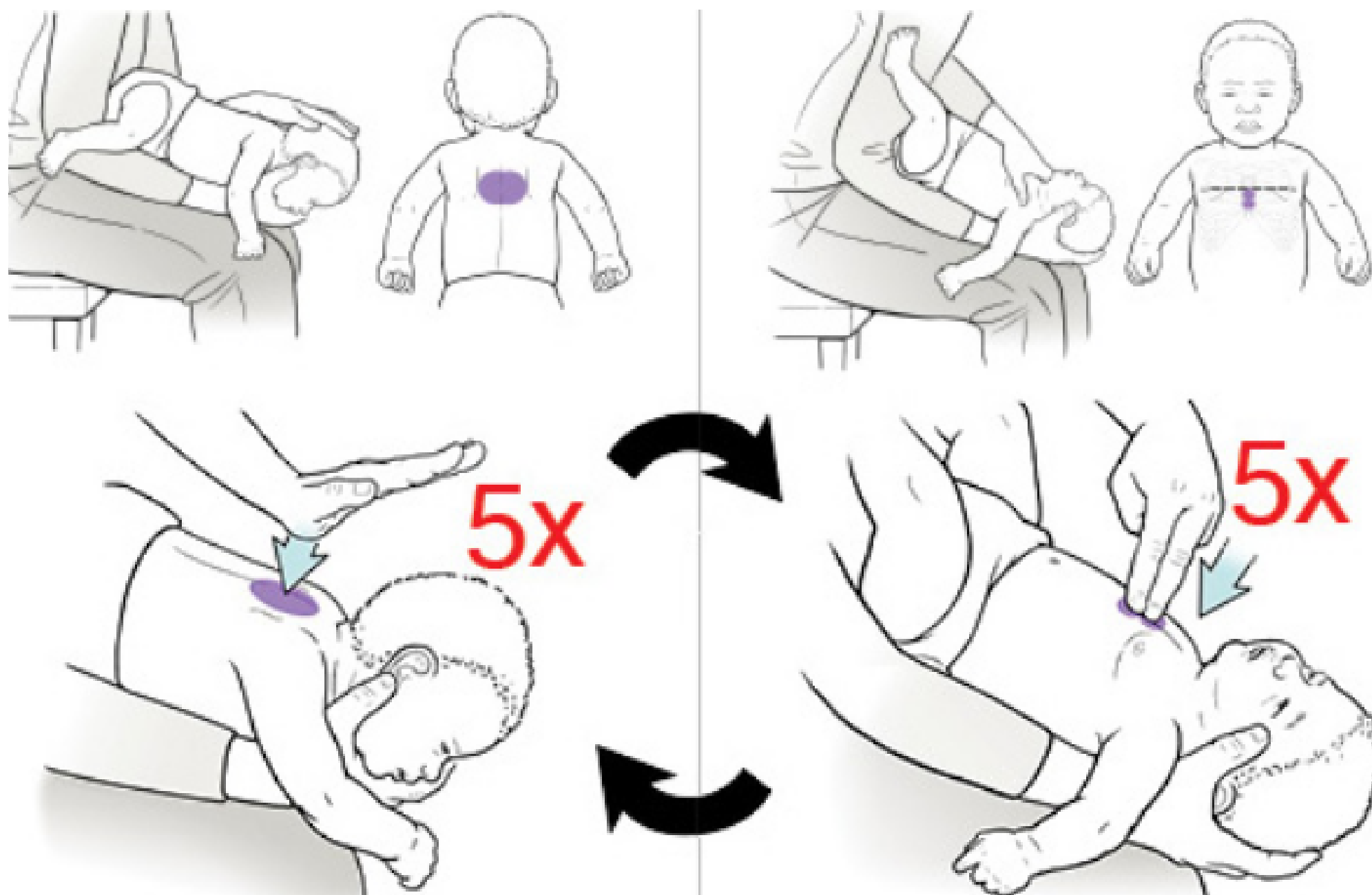
## Step-by-step

### Mild Choking

Encourage the infant to cough by coughing yourself,

**Do not** pat them on the back or give them water.

### Severe Choking



Continue the 5:5 method until the object comes out or the person begins to breathe/cough.

If the person becomes unresponsive, perform 2 minutes/5 rounds of CPR, then call EMS/9-1-1 and get an AED.