

Choking

Body & health

How to tell mild from severe, and what changes between them.

Mild — coughing, can speak

- Air is still moving. That is good.
- Encourage them to keep coughing.
- Do NOT slap the back or push the abdomen.
- Stay with them and watch for it worsening.

Severe — silent, cannot breathe

- No cough, no speech, maybe clutching the throat.
- Call emergency services now.
- Follow your training: back blows, then abdominal thrusts.
- If they go unconscious, begin CPR.

THE DIFFERENCE THAT MATTERS

Anyone who has had abdominal thrusts must be checked by a doctor afterwards, even if they seem fine.

Educational reference only. Techniques differ for infants and in pregnancy — take a course.