



WHAT YOU NEED TO KNOW



SIGNS OF CHOKING:

- Sudden silence or inability to make noise
- Wide-eyed expression
- Discoloration of the skin (blue or purple)

PARTIAL CHOKING VS. FULL CHOKING:

- **Partial choking:** Airway is partially blocked, and the infant can still breathe and cough.
- **Full choking:** Airway is completely blocked, and the infant cannot breathe or make any noise.



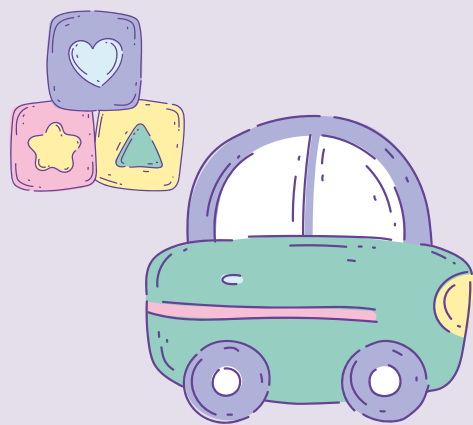
IMMEDIATE ACTION FOR FULL CHOKING:

- Assess if the infant is breathing within 5 seconds.
- Position the infant securely and support their neck.
- Deliver five firm back blows to the upper back.
- Turn the infant face-up and deliver five firm chest compressions.
- Ensure the airway is clear if the obstruction is coughed up.
- Repeat the procedure if the choking persists, or if the infant becomes unresponsive, call 911 and perform CPR.



CHOKING HAZARDS FOR INFANTS:

- Small, solid foods (cheerios, apple slices, carrots)
- Non-food objects (small toys, plastic bags, coins)
- Foods that break into small pieces (teething cookies, popcorn)



PREVENTION TIPS:

- Properly supervise infants and young children, especially during feeding or when they become mobile.
- Keep small objects out of their reach.
- Avoid feeding infants while in motion.
- Be aware of common choking hazards in food and household objects.



ADDITIONAL RESOURCES:

- Download the Red Cross First Aid App for quick reference.
- Take a [Red Cross first aid certification course](#) to learn emergency procedures for infants and other situations.

