**Infant Choking (Birth to 1 year)**

- **Recognize choking:**
  - Cannot cry or make normal sounds
  - Silent cough
  - Breathing with high-pitched noises
  - May look blue, frightened

- **Give 5 back slaps:** Hold the infant facedown and support the jaw and head

- **Give 5 chest thrusts:** Turn the infant over while supporting the head

- **Alternate 5 back slaps and 5 chest thrusts** until
  - Object comes out
    - or
  - Infant can cry forcefully
    - or
  - Infant stops responding

- If the infant stops responding
  - Begin steps of **CPR**
  - Each time you open the airway, **look for the object** (remove it if seen)
  - After 5 cycles, **phone 911**
  - Resume CPR until infant starts to move or EMS rescuers take over

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**Provided by**

Northern Kentucky Independent District Health Department

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