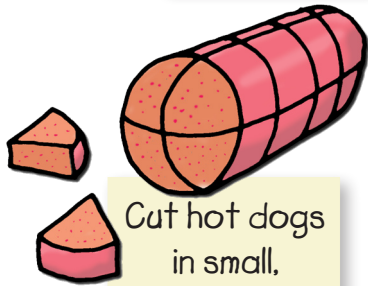


# Prevent Choking Accidents !

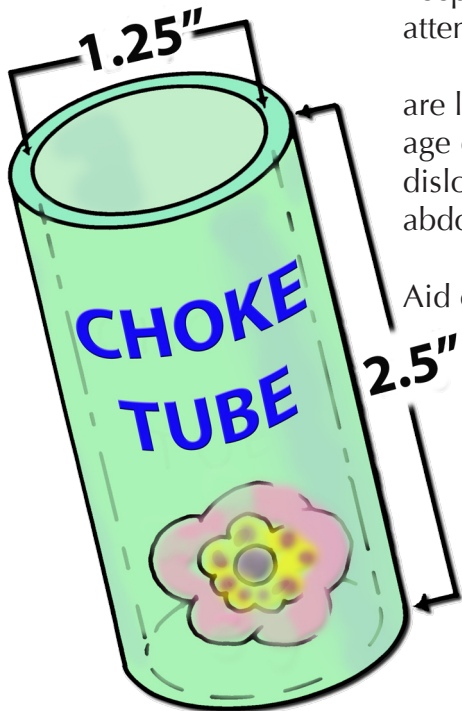
Choking is the most common cause of accidental death in children under age one. Parents who are aware of choking hazards can significantly decrease this risk for their children.



Cut grapes in quarters



Cut hot dogs in small, non-round pieces



If an object can fit into this tube, IT IS a choking hazard...

**FOODS:** Nuts, hard candies, grapes, hot dogs and chunks of meat, raw carrots, peanut butter, popcorn, and apples have been labeled as dangerous for young children by the American Academy of Pediatrics, as they contribute to the greatest number of choking incidents.

**HOUSEHOLD OBJECTS:** Any seemingly innocent household object that can fit into a child's mouth is a choking threat: buttons, coins, jewelry, marbles, paperclips, safety pins and screws.

**TOYS:** Read the label to make sure your toys are age appropriate; even the most intelligent or skillful toddler can choke on a small toy part. Latex balloons are particularly hazardous, as they conform to a child's airway and can completely block airflow to the lungs.

## IN CASE OF EMERGENCY:

If a child is coughing, wheezing or able to speak then at least some air is flowing to the lungs. **Do not pat the child on the back**, as this can force the object further into the airway. Allow the child to keep coughing until the object dislodges. Seek immediate medical attention.

If your child does not make any sounds and the lips and skin are losing color **Call 911** immediately! Then for children under the age of one, alternate back blows and chest thrusts until the object dislodges or emergency personnel arrive. For children over age one, abdominal thrusts are recommended.

We strongly advise parents to take a CPR or Emergency First Aid class to learn proper rescue techniques.

Round Objects Must Be Larger than 1.75"



Avoid latex balloons. Don't leave deflated or burst balloon scraps around!