

# CHOKING FIRST AID PROCEDURES

This poster is not a substitute for specific training

Please contact your local hospital or fire department for more information on Choking First Aid

**DETERMINE IF VICTIM CAN CRY (if infant), SPEAK, OR COUGH  
IF NOT, SHOUT FOR SOMEONE TO CALL 911  
If you're the only rescuer, perform choking first aid before calling 911**

## Give 5 Back Blows (Step 1)

- Stand behind the victim and place arm across their chest for support; bend the victim slightly at the waist; firmly strike the victim between shoulder blades with the heel of your hand



## Give 5 Abdominal Thrusts (Step 2)

- Stand behind the victim and wrap your arms around the victim's waist; place your fist thumb-side in against victim's abdomen, below rib cage, slightly above the navel; grasp your fist with other hand; press your fist forcefully with quick upward thrust into the victim's abdomen



## Infants

- Follow 5 back blows with 5 chest compressions using two fingers placed at the center of the infant's breastbone



## Pregnant Women

- Apply 5 standing chest compressions in place of 5 abdominal thrusts



**Repeat Steps 1 and 2 until the object is forced out, the person can cough forcefully or breathe, or becomes unconscious**

**If the person becomes unconscious, begin CPR starting with chest compressions. Each time you open the airway, look in the airway and remove the object if you see it**

# Clean-Up of Vomiting and Diarrheal Events

Anything that comes in contact with vomit or diarrhea must be discarded or properly disinfected

## Clean

- Remove vomit or diarrhea right away using absorbent material (e.g., **kitty litter, baking soda**) while wearing protective clothing (e.g., **disposable gloves, mask**)
- Clean all surfaces contaminated with vomit or diarrhea and all nearby high-touch surfaces with soapy water
- Rinse thoroughly with plain water
- Wipe dry with paper towels



## Disinfect

- Prepare and use a chlorine bleach solution (**5-8% bleach**) **Hard Surfaces: (~1000 ppm) [1/3 cup bleach: 1 gallon water]** **Porous Surfaces: (~5000ppm) [5/3 cup bleach: 1 gallon water]** or any other EPA-registered disinfectant effective against Norovirus, following manufacturer's instructions (Carpets, fabrics, and upholstery may require steam cleaning as disinfectants could cause permanent damage)
- Air dry surfaces
- Affected food contact surfaces should be properly washed, rinsed, and sanitized after clean-up and disinfection



## Prevent

- Wash hands thoroughly with soap and warm water to prevent the spread of disease



In accordance with section 2-501.11 of the 2017 FDA Food Code