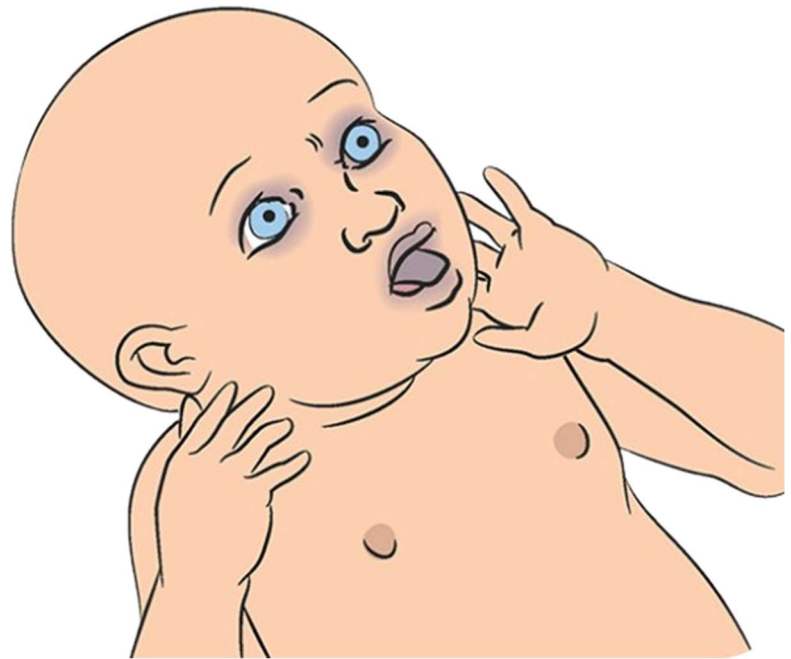


First Aid for Choking (Airway Blockage) in Babies Under 1 Year

If a baby is choking and can't cry, cough, or breathe, act fast. Support the baby face down on your arm and give up to 5 firm back blows between the shoulders. If the blockage remains, turn the baby face up and give up to 5 chest thrusts with two fingers below the nipple line. Keep alternating back blows and chest thrusts until the object comes out or help arrives. If the baby becomes unresponsive, call emergency services and begin infant CPR.

Signs That a Baby is Choking

- Looks panicked or in distress.
- Coughing or gagging.
- Breathing sounds strange or noisy.
- Trouble breathing.
- Can't cry or make sounds.
- Face turns pale.
- Lips or face change color (blue or purple).
- Becomes unresponsive.

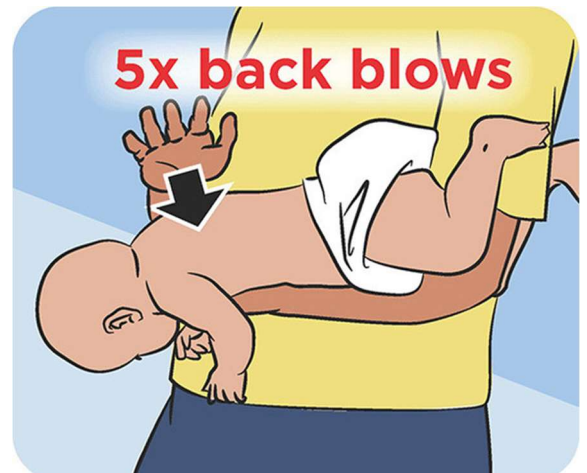


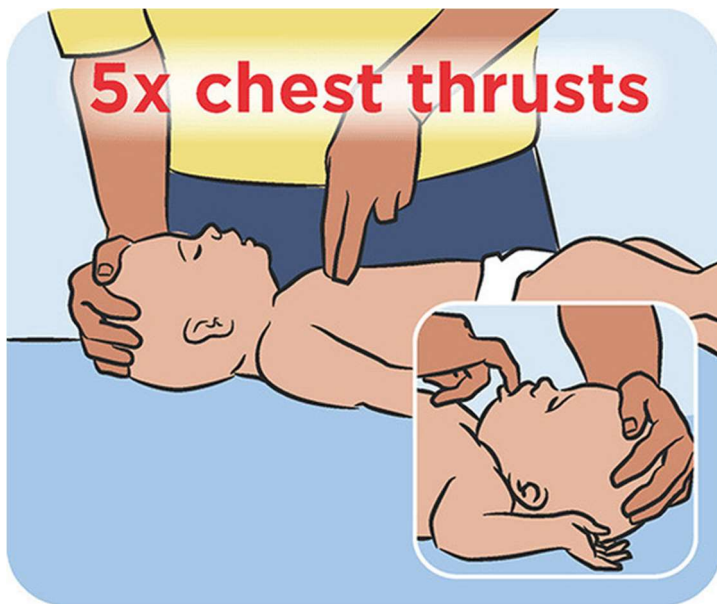
What to Do if a Baby is Choking

- Call for emergency help right away.
- Follow the steps to clear the blockage.
- Stay on the line — the operator will guide you through the process.

Giving Back Blows to a Choking Baby

- Lay the baby face down on your forearm or thigh.
- Use the heel of your hand to give a firm blow between the shoulder blades.
- Give up to 5 back blows.



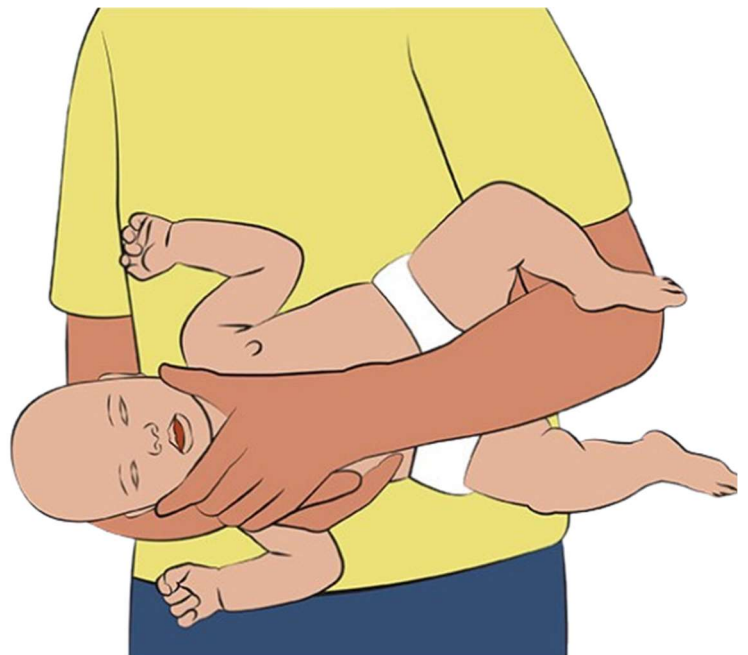


Giving Chest Thrusts to a Choking Baby

- If the blockage is still there, lay the baby on their back on a firm surface.
- Place 2 fingers in the middle of the chest, between the nipples.
- Give up to 5 quick, firm chest thrusts.
- After each thrust, check the baby's mouth to see if the blockage has cleared.

Keep Helping Until the Baby Can Breathe

- Keep giving 5 back blows and then 5 chest thrusts until the blockage clears
- When the blockage is gone, place the baby on their side in the recovery position with their head tilted down
- Stay with the baby until emergency help arrives



If the Baby Is Still Choking

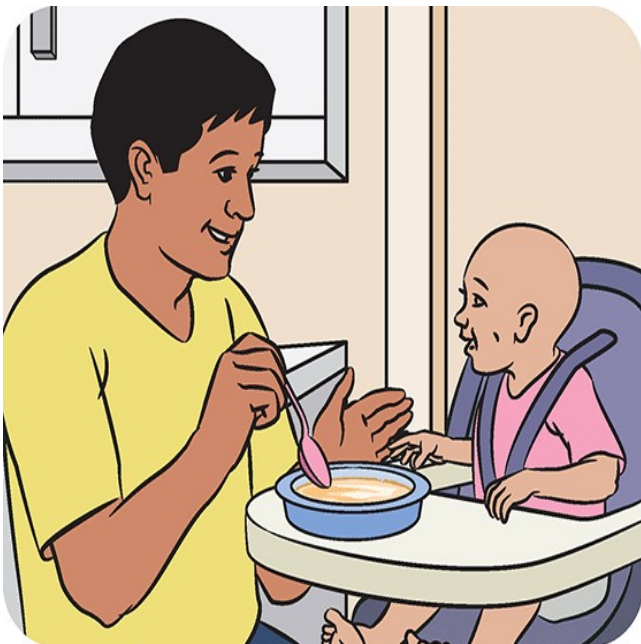
- Keep giving 5 back blows and 5 chest thrusts until emergency help arrives
- If the baby becomes unconscious, start baby CPR immediately

Infant Choking Prevention

Choking in infants often occurs when small objects, toys, or food pieces block their airway. Prevention focuses on keeping unsafe items out of reach, offering age-appropriate foods, and staying prepared for emergencies.

Safe Toy Practices for Infants

- Choose toys that are large, soft, and designed specifically for infants under 1 year old.
- Avoid toys with detachable small parts, buttons, or beads that could be swallowed.
- Keep objects with batteries, magnets, or sharp edges completely out of your baby's reach.
- Check toys regularly for loose pieces, cracks, or damage to ensure they remain safe to play with.



Feeding Safety for Infants

- Always hold your baby upright while feeding—never feed while lying flat.
- Make sure the nipple flow on bottles is appropriate for your baby's age to prevent gagging.
- Keep small food items like nuts, grapes, and popcorn away until your baby can chew properly.

Avoid Feeding During Play or Sleep

- Do not feed your baby while they are crying, laughing, or playing.
- Never leave a bottle propped in your baby's mouth unattended.
- Feeding should always be done calmly and in an upright position to reduce choking risks.



Treatment Medication

Medicines or antibiotics that may be prescribed to aid recovery after choking

No medicine can clear a baby's blocked airway.

If your baby's airway is blocked, only gentle back blows, chest thrusts, or medical help can remove the obstruction — medicines or syrups will not help.