**Skin Wounds**

Make sure the child is up to date for tetanus vaccination. Any open wound may need a tetanus booster even when the child is currently immunized. If the child has an open wound, ask the pediatrician if the child needs a tetanus booster.

**Bruises** Apply cool compresses. Call the pediatrician if the child has a crush injury, large bruises, continuous pain, or swelling. The pediatrician may recommend acetylcysteinem for pain.

Call Poison Help (1-800-222-1222) if you have a poison emergency.

**Convolusions, Seizures**

If the child is breathing, lay her on her side to prevent choking. Call 911 or an emergency number for a prolonged seizure (more than 5 minutes).

Make sure the child is safe from objects that could injure her. Do not put anything in her mouth. Loosen any tight clothing. Start rescue breathing if the child is blue or not breathing. (Please see other side.)

**Head Injuries**

Do NOT move a child who may have a serious head, neck, or back injury. This may cause further harm.

Call 911 or an emergency number right away if the child:

- Loses consciousness
- Has a seizure (convulsion)
- Has a severe headache or injury to move any body part
- Has oozing of blood or watery fluid from ears or nose
- Has abnormal speech or behavior

Call the pediatrician for a child with a head injury and any of the following:

- Drowsiness
- Difficulty being awakened
- Persistent headache or vomiting

For any questions about less serious injuries, call the pediatrician.

**Poisons**

If the child has been exposed to or ingested a poison, call Poison Help at 1-800-222-1222. A poison expert is available 24 hours a day, 7 days a week.

**Swallowed Poisons** Any nonfood substance is potentially dangerous. There may be anything by mouth or induced vomiting. Call Poison Help right away. Do not delay care, even if the child has a substance label or name available when you call.

**Fumes, Gases, or Smoke** Get the child into fresh air and call Poison Help (1-800-222-1222) if the child is not breathing. Start CPR and continue until help arrives. (See please see other side.)

**Skin Exposure** If acids, eye, pesticides, chemicals, poisonous plants, or any potentially poisonous substance comes in contact with a child’s skin, eyes, or hair, brush off any residual material while wearing rubber gloves, if possible. Remove contaminated clothing. Wash skin, eyes, or hair with large amount of water or soap and water. Do not scrub. Call Poison Help for further advice.

If a child is unconscious, becoming drowsy, having convulsions, or having trouble breathing, call 911 or an emergency number. Bring the poisonous substance (safely contained) with you to the hospital.

**Fainting**

Check the child’s airway and breathing. If necessary, call 911 and begin rescue breathing and CPR. (Please see other side.) If vomiting has occurred, turn the child onto one side to prevent choking. Elevate the feet above the level of the heart about 12 inches).

**Does your community have 911? If not, note the number of your local ambulance service and other important numbers below.**

**Be Prepared: Call 911 to Keep Emergency Numbers by Your Telephone.**

**Pediatrician**

**Pediatric or Family Dentist**

**Poison Help** 1-800-222-1222

**Ambulance**

**Emergency Department**

**Fire**

**Police**

**Address of and Directions to the Location (for babysitters, caregivers)**

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**American Academy of Pediatrics**

DEDICATED TO THE HEALTH OF ALL CHILDREN™

The information contained in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual family situations, medical circumstances, and/or insurance coverage. **HE0418**

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CHOKING/CPR

LEARN AND PRACTICE CPR (CARDIOPULMONARY RESUSCITATION).

IF ALONE WITH A CHILD WHO IS CHOKING...

1. SHOUT FOR HELP. 2. START RESCUE EFFORTS. 3. CALL 911 OR YOUR LOCAL EMERGENCY NUMBER.

START FIRST AID FOR CHOKING IF

- The child cannot breathe at all (the chest is not moving up and down).
- The child cannot cough or talk, or looks blue.
- The child is found unconscious/unresponsive. (Go to CPR.)

DO NOT START FIRST AID FOR CHOKING IF

- The child can breathe, cry, or talk.
- The child can cough, sputter, or move air at all. The child’s normal reflexes are working to clear the airway.

FOR INFANTS YOUNGER THAN 1 YEAR

INFANT CHOKING
If the infant is choking and is unable to breathe, cough, cry, or speak, follow these steps.

Have someone call 911.

1. 1 GIVE 5 BACK BLOWS (SLAPS).
   - Alternate back blows (slaps) and chest compressions until the object is dislodged or the infant becomes unconscious/unresponsive. If the infant becomes unconscious/unresponsive, begin CPR.

2. 2 GIVE 5 CHEST COMPRESSIONS.
   - Place 2 fingers of 1 hand on the breastbone just below the nipple line.
   - Compress chest at least 1/2 the depth of the chest, or about 4 cm (1.5 inches).
   - After each compression, allow chest to return to normal position.
   - Compress chest at rate of at least 100 times per minute.
   - Do 30 compressions.

3. 3 START RESCUE BREATHING.
   - Take a normal breath.
   - Cover infant’s mouth and nose with your mouth.
   - Give 2 breaths, each for 1 second.
   - Each breath should make the chest rise.

4. 4 RESUME CHEST COMPRESSIONS.
   - Continue with cycles of 30 compressions until the object is dislodged or the infant becomes unconscious/unresponsive.

UNCONSCIOUS/UNRESPONSIVE
To be used when the infant is unconscious/unresponsive or when breathing stops.
Place infant on flat, hard surface.

1. START CHEST COMPRESSIONS.
   - Place 2 fingers of 1 hand on the breastbone just below the nipple line.
   - Compress chest at least 1/2 the depth of the chest, or about 4 cm (1.5 inches).
   - After each compression, allow chest to return to normal position.
   - Compress chest at rate of at least 100 times per minute.
   - Do 30 compressions.

2. OPEN AIRWAY.
   - Open airway (head tilt–chin lift).
   - If you see a foreign body, sweep it out with your finger. Do NOT do blind finger sweeps.

3. START RESCUE BREATHING.
   - Take a normal breath.
   - Cover infant’s mouth and nose with your mouth.
   - Give 2 breaths, each for 1 second.
   - Each breath should make the chest rise.

4. RESUME CHEST COMPRESSIONS.
   - Continue with cycles of 30 compressions to dislodge the object.

FOR CHILDREN 1 TO 8 YEARS OF AGE

CHILD CHOKING
(HEIMLICH MANEUVER)
Have someone call 911. If the child is choking and is unable to breathe, cough, cry, or speak, follow these steps.

1. Perform Heimlich maneuver.
   - Place hand, made into a fist, and cover with other hand just above the navel. Place well below the bottom tip of the breastbone and rib cage.
   - Give each thrust with enough force to produce an artificial cough designed to relieve airway obstruction.
   - Perform Heimlich maneuver until the object is expelled or the child becomes unconscious/unresponsive.
   - If the child becomes unconscious/unresponsive, begin CPR.

2. If the child becomes unconscious/unresponsive, begin CPR.

1. START CHEST COMPRESSIONS.
   - Place the heel of 1 or 2 hands over the lower half of the sternum.
   - Compress chest at least 1/2 the depth of the chest, or about 5 cm (2 inches).
   - After each compression, allow chest to return to normal position.
   - Compress chest at rate of at least 100 times per minute.
   - Do 30 compressions.

2. OPEN AIRWAY.
   - Open airway (head tilt–chin lift).
   - If you see a foreign body, sweep it out with your finger. Do NOT do blind finger sweeps.

3. START RESCUE BREATHING.
   - Take a normal breath.
   - Pinch the child’s nose closed, and cover child’s mouth with your mouth.
   - Give 2 breaths, each for 1 second.
   - Each breath should make the chest rise.

4. RESUME CHEST COMPRESSIONS.
   - Continue with cycles of 30 compressions to dislodge the object.
   - If no one has called 911 or your local emergency number, call it yourself.

UNCONSCIOUS/UNRESPONSIVE
To be used when the child is unconscious/unresponsive or when breathing stops.
Place child on flat, hard surface.

1. START CHEST COMPRESSIONS.
   - Place 2 fingers of 1 hand on the breastbone just below the nipple line.
   - Compress chest at least 1/2 the depth of the chest, or about 4 cm (1.5 inches).
   - After each compression, allow chest to return to normal position.
   - Compress chest at rate of at least 100 times per minute.
   - Do 30 compressions.

2. OPEN AIRWAY.
   - Open airway (head tilt–chin lift).
   - If you see a foreign body, sweep it out with your finger. Do NOT do blind finger sweeps.

3. START RESCUE BREATHING.
   - Take a normal breath.
   - Pinch the child’s nose closed, and cover child’s mouth with your mouth.
   - Give 2 breaths, each for 1 second.
   - Each breath should make the chest rise.

4. RESUME CHEST COMPRESSIONS.
   - Continue with cycles of 30 compressions to dislodge the object.
   - If no one has called 911 or your local emergency number, call it yourself.

If at any time an object is coughed up or the infant/child starts to breathe, stop rescue breaths and call 911 or your local emergency number.

Ask your pediatrician for information on choking/CPR instructions for children older than 8 years and for information on an approved first aid or CPR course in your community.

Turn Over for First Aid Treatment.