

CHOKING

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Choking is when a person's airway is partly or completely blocked resulting in minimal or no airflow to the lungs. If the foreign body is removed and victim is not breathing, begin the primary survey for ABC):

AIRWAY - open the airway;

BREATHING - if still no breaths, attempt rescue breathing.

CIRCULATION - if no pulse, perform chest compressions.

SIGNS OF CHOKING

Choking with a good air exchange:

- Able to speak
- Signs of distress - eyes are showing person is afraid
- Harsh coughing
- Wheezing and gagging between coughing
- Face is red
- Person is grabbing at their throat

Choking with poor or no air exchange

- Not able to speak
- Signs of distress - eyes are showing person is afraid
- Weak or not able to cough with sound
- No noise when trying to breath or a high pitched sound
- Face discoloration - pale, blue lips and ears
- Person is grabbing at their throat
- Semi consciousness or Unconsciousness

PREVENTION

Adults:

- Cut food into small pieces.
- Chew food slowly and thoroughly, especially if wearing dentures.
- Avoid laughing and talking during chewing and swallowing.
- Avoid excessive intake of alcohol before and during meals

Infants and Children:

- Keep marbles, beads, thumbtacks, and other small objects out of their reach and prevent them from walking, running, or playing with food or toys in their mouths.