

GAGGING vs CHOKING



LOUD & RED

- Loud coughing, spluttering, or retching noises
- Still able to breathe
- Face often turns red or flushed
- Moving, tongue thrusting, or watery eyes
- Watch and wait. Encourage them to keep coughing

SILENT & BLUE

- Quiet or silent; unable to cry or make any sound
- Struggling or completely unable to breathe
- Skin or lips may turn blue, pale, or purple
- Panicked, wide-eyed, or clutching at the throat
- Intervene immediately. Call emergency services

GOLDEN RULE

LOUD AND RED: KEEP MONITORING
SILENT AND BLUE: THEY NEED YOU



5 back blow



5 chest thrust



No blind
finger sweep