

# Safety Tips to Prevent Choking

- People can choke if their airways become partially or completely blocked
- Examples of how choking can look are wheezing, gagging, loss of voice, pale or blue skin, and a worsening cough

- Sit while eating
- Chew your food well
- Cut food into small pieces for children
- Keep small objects out of children's reach
  - Avoid hard candy, nuts or hard to cut food



- Take a deep breath and stay calm
- Encourage the person to lean forward and cough
- Call 911 if choking continues
- Follow 911 operator's instructions for first aid for choking