

## **CHOKING AND PEDIATRIC EMERGENCIES**

**BE PREPARED!** Take a pediatric CPR class and get re-certified every year. This class includes instruction in choking and the Heimlich maneuver. No matter how careful you are, accidents may still happen! CPR can save your child's life in the event of choking, drowning, electric shock, allergic reaction, poisoning, or other emergency. Call 788-6614 for class information.

### **Prevent choking by:**

- Cutting food into small, non-round pieces, especially hot dogs, grapes, and other round foods. Be sure raw fruits and vegetables are cut into small pieces (carrots, apples, etc.) until your child is four years old.
- Avoid foods too hard for your child to chew, especially nuts, hard candy, popcorn, and marshmallows.
- Remove seeds and pits from fruit.
- Watch for small parts on toys or other objects. If an object can pass through a 1¾ inch circle, your child can choke on it! Common choking hazards include coins, marbles, toy parts, pen caps, batteries and buttons-keep them away from children under age four.
- Do not allow your child to blow up or play with a deflated balloon, or to put an inflated balloon near his mouth.
- Children under six years old should never chew gum. While we advise against all gum chewing, it is especially important to avoid allowing older children to chew gum while performing any physical activity.
- Do not allow your child to walk, run, or play with food in his mouth. Children should eat only while seated and supervised.
- Cut blind cords short and tie them out of reach.
- Pillows or loose blankets should not be placed in cribs. Ensure crib mattress meet safety precautions. (see also: *SIDS Prevention* handout)