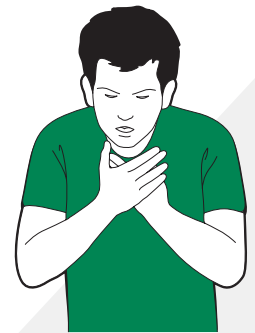


Ask me what to do if someone is choking

1. Cough it out

- Encourage the person to keep coughing.



2. Slap it out

- Give it up to five sharp back blows between the shoulder blades.
- Check their mouth.



3. Squeeze it out

- Give up to five abdominal thrusts.



4. Call 999/112

- If they're still choking, call 999/112 for emergency help. Repeat back blows and abdominal thrusts until help arrives.