

Care After Choking Incidents

Care for a person who chokes doesn't end after the incident. This fact sheet can be used in training or distributed to direct support professionals (DSPs) to teach basic care for individuals during and after a choking incident.

When a Person is Choking...

- Remain Calm
- Have someone call 911 immediately
- Perform abdominal thrusts (Heimlich Maneuver)

Right After the Incident...

- Even if the abdominal thrusts are successful, immediately call the person's doctor
- Even if the person's airway is clear, it may have been hurt in ways that only a doctor can find

Follow Up Care...

- Choking can later on cause aspiration pneumonia (from bacteria remaining inside the person's lung)
- If the person has had a choking incident, they are at risk of choking again
- Be extra careful during mealtimes and make sure the person's doctor and care staff are aware of any choking or aspiration incidents