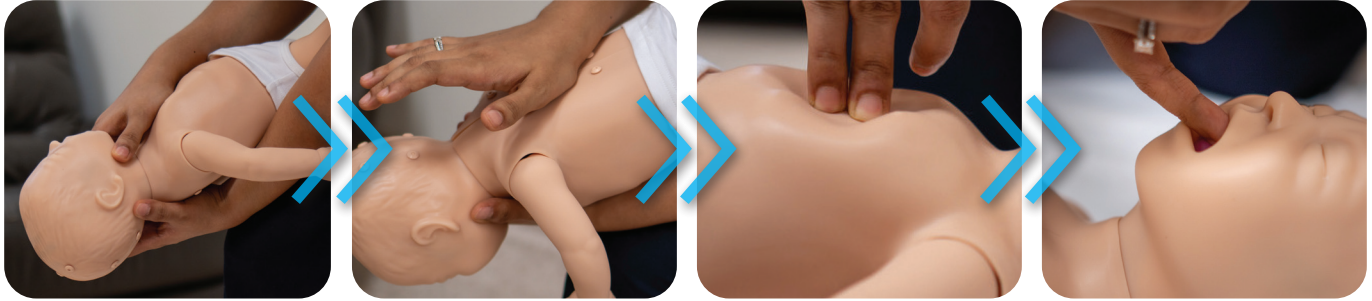


Infant Choking


Infant choking is when the infant is unable to breathe, cry or make a sound despite making an effort, has bluish skin colour or is losing consciousness.



Possible Scenario	Action
The baby is responsive and breathes, coughs and cries.	Let your child keep coughing and monitor the breathing.
The baby is responsive but does not breathe, cough or cry.	Give 5 back blows, 5 chest compressions and call 995. Continue until infant breathes normally. Check inside the mouth after each set. If infant stops breathing, perform Cardiopulmonary Resuscitation (CPR).
The baby is unresponsive with no breathing.	Perform Steps 1 to 3 of CPR. Look inside the mouth before each rescue breath.


CPR

1 **No or abnormal breathing**



Give 5 rescue breaths until the chest rises.

2 **Begin CPR**



Place 2 fingers upright, 1 finger space below an imaginary line drawn between both nipples.

Alternate between 30 compressions and 2 breaths.

- Call 995 after one minute of CPR, put the phone on speaker.
- Continue CPR until the baby breathes normally or paramedics arrive.

3 **Continue to monitor the baby's breathing and consciousness once breathing resumes**

If there is no breathing, repeat Steps 1 to 3.

Other Resources:

For accredited child first aid training workshops, visit: **Red Cross** - www.redcross.sg | **Singapore Resuscitation and First Aid Council** - www.srfac.sg

Khoo Teck Puat - National University Children's Medical Institute

The KTP-NUCMI is the paediatric arm of the National University Hospital and comprises the Departments of Paediatrics, Paediatric Surgery and Neonatology. We provide comprehensive and specialised medical and surgical services for newborns, children and adolescents, and are the only public hospital in Singapore that offers paediatric kidney and liver transplant programmes. Through a generous gift from the Estate of Khoo Teck Puat, we have set up an integrated outpatient facility with medical, diagnostic and rehabilitation services.

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