1. Recognize a severe airway block when a child
   - Makes the choking sign
   - Cannot breathe, cough, speak, or make sounds
   - Has a cough that has no sound
   - Ask, “Are you choking?” If they nod yes, tell them you are going to help.

2. Give thrusts slightly above the navel until
   - Object is forced out or
   - Child can breathe or make sounds or
   - Child becomes unresponsive

3. If the child becomes unresponsive
   - Shout for help.
   - Use a cell phone to call 9-1-1; put it on speaker mode so you can talk to the dispatcher while you begin CPR.
   - Give sets of 30 compressions and 2 breaths, checking the mouth for objects after each set of compressions (remove object if seen).
   - If you are alone and do not have a cell phone, give 5 sets of 30 compressions and 2 breaths. Then, go phone 9-1-1 and get an AED. Use the AED as soon as it is available. Continue CPR, checking the mouth for objects after each set of compressions.
   - Continue CPR and looking in the mouth after each set of compressions until
     - The child moves, cries, speaks, blinks, or otherwise reacts
     - Someone with more advanced training arrives and takes over