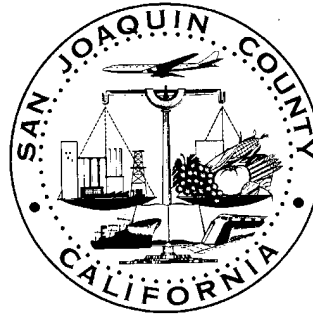

BE PREPARED

Be prepared to save the life of a choking or suffocating child — learn the Heimlich Maneuver, Infant and Child CPR, and First Aid.

For information about training call the Stockton branch of the American Red Cross at 466-6971.



Family Health Division
Maternal, Child and Adolescent Health
2233 Grand Canal Blvd., Ste 212
Stockton, CA 95207-6657

Phone: 1.800.698.2304
Phone: 209.953.3675
Fax: 209.953.3700

Developed by:
San Joaquin County Public Health Services
Maternal, Child and Adolescent Health Programs.
Adapted with permission from San Diego County
SAFE KIDS Coalition injury prevention materials.

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12/03



PREVENT CHOKING AND SUFFOCATION

In San Joaquin County, 64 children under the age of 5, died or were hospitalized due to unintentional choking or suffocation from 1991 through 2001. These types of injuries are preventable.



**OUR MISSION IS ...
HEALTHY, HAPPY AND SAFE
FAMILIES**

Phone: 1-800-698-2304

PREVENT SUFFOCATION



Suffocation is a leading cause of injury /death for infants under age 1

- ◆ Always place babies to sleep on their backs.
- ◆ Avoid placing babies on sofas, adult beds or cots to sleep.
- ◆ Do not place toys, stuffed animals, bulky blankets or pillows in the baby's crib.
- ◆ Never put a baby on a waterbed or bean bag.
- ◆ Keep all plastic wrappers and bags away from babies and store them where your baby cannot get them.
- ◆ If you sleep with your baby, do so safely. Never sleep with your baby when you are overly tired.

PREVENT CHOKING



Children under age 4 are at the highest risk for choking

- ◆ If a toy or object fits inside of a toilet paper tube, your child could choke on it.
- ◆ Never leave small objects like coins, balloons or buttons near your baby even for a moment.
- ◆ Avoid putting bandages on small children's fingers.
- ◆ Do not offer large chunks of food like raw carrots, apples, hot dogs, grapes, peanuts or popcorn to babies or children under 4 years of age.
- ◆ Try to keep food bits off of the floor where a child might find and place them in his/her mouth.
- ◆ Empty wastebaskets often.

PREVENT CHOKING



Babies explore their world by placing things in their mouth

- ◆ Remove drawstrings from hooded jackets.
- ◆ Do not allow children to wear necklaces not designed to break away.
- ◆ Read labels on toys and avoid marbles, balloons, and toys with small removable parts.
- ◆ Avoid toys with strings, straps or cords longer than 7 inches that can wrap around the neck.
- ◆ Tie up or shorten cords on blinds and drapes.