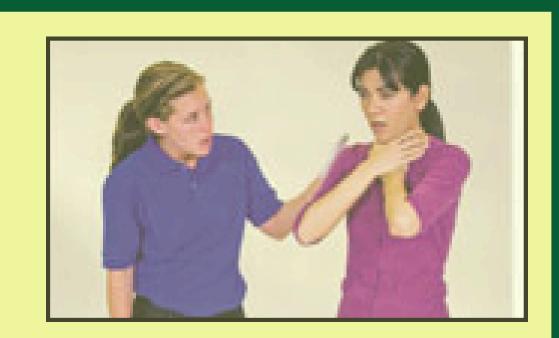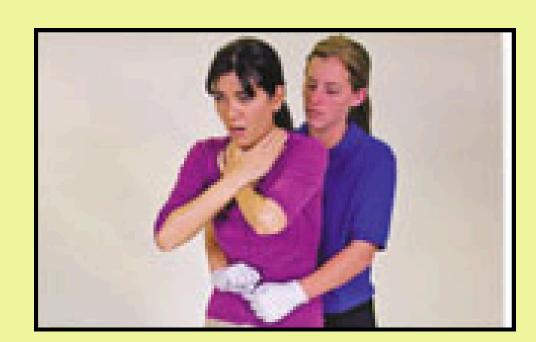# What to do in case of Choking
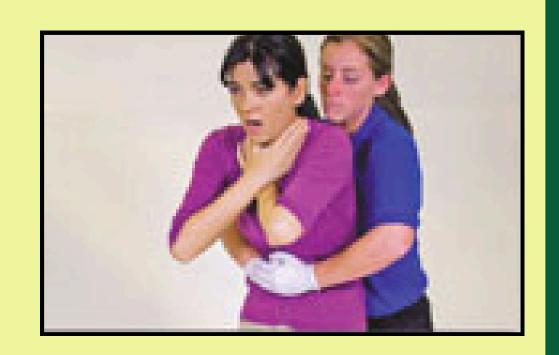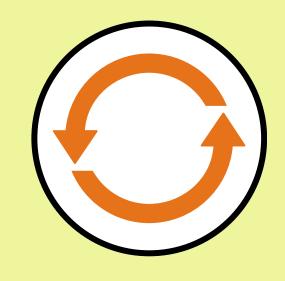
- Encourage the person to cough

- Make a fist with one hand. Place it just above the person's navel

- Grasp your fist with the other hand. Press into the stomach with a quick, upward thrust

- Repeat until the object is dislodged

- **If alone and choking,** use your fist above your belly button, grasp it, bend over a hard surface, and push your fist inward and upward

My Health, My Responsibility