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#HCDSchoolHealthHeroes

Our School Health Registered Nurses and Certified Nursing Assistants (CNAs) provide care for more than 160,000 students across 169 Palm Beach County public school students each year. They are held to the highest standard of care and receive continuous, rigorous training so they're prepared to respond to health emergencies. See how our school nurses are applying their training to save lives. From tending to scrapes and stomachaches, managing complex conditions, and responding to emergencies such as these, our #SchoolHealthHeroes give families peace of mind by providing expert, compassionate medical care during the school day to keep students healthy.

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American Red Cross - First Aid for Choking

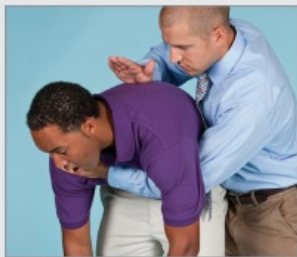
CONSCIOUS CHOKING

Cannot Cough, Speak, Cry or Breathe

After checking the scene for safety and the injured or ill person, have someone CALL 9-1-1 and get consent. For children and infants, get consent from the parent or guardian, if present.

1 GIVE 5 BACK BLOWS

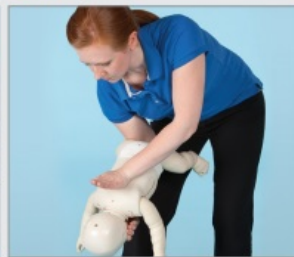
■ Adult:



■ Child:



■ Infant:



2 GIVE 5 ABDOMINAL THRUSTS

■ Adult:



■ Child:



■ Infant: (chest thrusts for infant)



TIP: For infants, support the head and neck securely. Keep the head lower than the chest.

3 REPEAT STEPS 1 AND 2 UNTIL THE:

- Object is forced out.
- Person can cough forcefully or breathe.
- Person becomes unconscious.

WHAT TO DO NEXT

- IF PERSON BECOMES UNCONSCIOUS — Carefully lower the person to the ground and give CARE for unconscious choking, beginning with looking for an object.
- Make sure 9-1-1 has been called.



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