

- Continue cycles of CPR for 2 minutes.
- Provide additional care based on your assessment:
  - If unresponsive, but breathing, place in the recovery position (on the child's left side).
  - If unresponsive, not breathing, and no signs of circulation, continue chest compressions.
  - If you are unable or unwilling to provide rescue breathing, you can at least perform chest compression-only CPR until EMS personnel arrive.

### Rescue Breathing

- Rescue breathing is performed on a child who is unconscious/unresponsive and not breathing.
- Open the airway:
  - Use head tilt-chin lift technique if you do not suspect spinal injury.
  - Use jaw thrust technique if spinal injury suspected.
- If not breathing, provide two effective breaths, each for 1 second.
- Each breath should be just enough to make the chest rise. Rapid, forceful breathing, will result in air in the stomach and possible complications that will make rescue breathing ineffective.
- Methods of rescue breathing include:
  - Mouth-to-mouth breathing
  - Mouth-to-nose breathing
  - Mouth-to-barrier device (mask or face shield) used to minimize the chance of disease transmission
- If rescue breaths fail to make the chest rise, reposition the head and reattempt breaths. If still unsuccessful, an airway blockage is likely. Proceed to section on Airway Obstruction (Choking).

### Airway Obstruction (Choking)

- Food and small objects are common causes of foreign body airway obstruction (choking).
- Signs of choking include:
  - Inability to speak, cough, or breathe
  - Grasping at the throat (universal distress sign)
- To care for a responsive choking child:
  - Determine if the child can speak. If he or she can speak, allow the child to cough the object out.
  - If the child is unable to cough or speak, provide subdiaphragmatic abdominal thrusts (Heimlich maneuver). Place hand made into a fist and cover with other hand just above the navel and well below the bottom tip of the breastbone and rib cage. Give each thrust with enough force to produce an artificial cough designed to relieve airway obstruction. Perform subdiaphragmatic abdominal thrusts just above the navel until the object is expelled or the child becomes unconscious/unresponsive.
- If the child becomes unconscious/unresponsive, assess the child and begin CPR (give 30 chest compressions and two breaths). Each time you open the airway to give a breath, look for an object, and if present, remove it.