

Universal Choking Sign

If you're choking on something and can't breathe to cough it up, then you need to let others know you are choking. To do this, signal using the universal sign for choking: cross both hands over your throat with your mouth open wide. If this doesn't work to get people's attention, bang on the table or stomp your feet or kick something while pointing to your throat. This will draw other people to your aid, so that they can perform the Heimlich maneuver or call paramedics. You should do the same thing if you ever see someone else giving this signal. We hope you never choke, but if you do, remembering this can get you through it safely!

