



# Tooele City Fire Department

- Choking Prevention -

Choking occurs when an object or food becomes lodged in the throat or windpipe, blocking airflow. If airflow is blocked, choking can be a medical emergency and needs urgent attention.

Before a child begins to crawl, get down on their level and look for dangerous items. If you have older children, pay extra attention to their toys and be sure your younger child can't get into them. Be aware that balloons pose a choking risk to children of any age.

Keep the following items away from infants and young children:

- latex balloons
- coins
- marbles
- toys with small parts,
- toys that can be compressed to fit entirely into a child's mouth
- small balls
- pen or marker caps
- small button-type batteries or magnets
- medicine syringes.

Keep the following foods from children until 4 years of age:

- Hot dogs
- Nuts and seeds
- Chunks of meat or cheese
- Whole grapes
- (Hard, gooey, or sticky) candy
- Popcorn
- Chunks of peanut butter
- Raw vegetables
- Raisins
- Chewing gum

Insist that children eat at the table, or at least while sitting down. They should never run, walk, play, or lie down with food in their mouths.