

## Khoom daig caj pas ntawm cov me nyuam mos (mus txog 1 xyoos) (Hmong)

### Kuv yuav tiv thaiv khoom dag caj pas li cas?

Khoom daig caj pas yog tshwm sim heev tshaj nyob rau cov me nyuam me tshaj 5 xyoos. Txhoov lawv cov khoom noj ua tej daim me me, thiab saib lawv kom zoo thaum lawv noj. Txhob cia lawv npuav zaub mov los yog khoom ub no hauv lawv qhov ncauj thaum lawv khiav, hais lus, quaj, los yog lawv luag. Cov khoom daig me nyuam caj pas heev muaj li nram no:

- khawm ris khawm tsho, txiaj npib
- cov txiv grapes
- hnyuv ntxwm nqaij hot dogs
- txiv npawm npoos tawv tawv
- txiv laum huam xeeb
- paj pob kws
- zaub ntug nyoos carrots
- cov zais roj hmab latex balloons
- khoom ua si me los sis tej daim khoom ua si me

### Khoom daig caj pas zoo li cas?

- ua pa nrov lub suab soob soob
- hnoos yau yau heev
- ua tsis taus suab
- xim hloov ntawm liab, mus rau liab dub hnyoo, mus rau xiav
- ua tsis tau pa

## Choking infant (up to 1 year)

(English)

### How can I prevent choking?

Choking is most common in children younger than 5 years. Cut up their food into small pieces, and be sure to watch them closely when eating. Do not allow them to have food or small objects in their mouth while running, talking, crying, or laughing. Some common things children choke on include:

- buttons, coins
- grapes
- hot dogs
- hard candy
- peanuts
- popcorn
- raw carrots
- latex balloons
- small toys or pieces of toys

### What are the signs of choking?

- high-pitched noisy breathing
- cough is very quiet
- cannot make sounds
- color changes from red to purple to blue
- cannot breathe

## Kuv yuav ua li cas?

### 1. Ntaus nrob qaum:

- Txheem lub taub hau, caj dab, thiab puab tsaig nrog ib sab tes.
- Tig tus minyuam lub ntsej muag rov sab hauv npuab koj sab caj npab.
- Zaum los kim caug thiab tso koj txhais caj npab rau ntawm koj sab ceg los ncej puab.
- Siv koj lub tsawj teg, npuaj li 5 zaug nruab nrab ntawm 2 tug duav pu.

### 2. Nias hauv siab:

- Tig ntsej muag ntseev tiaj npuab koj ib sab tes, txheem lub taub hau thiab caj dab.
- Nias hauv siab txog li 5 zaug, siv 2 tug ntiv tes nias hauv qab nyom mis.

Ua ntxiv raws nqe 1 thiab 2 kom txog thaum tus minyuam mos ua tau pa, hnoos, quaj, los sis tsis xeev li lawm.

## What should I do?

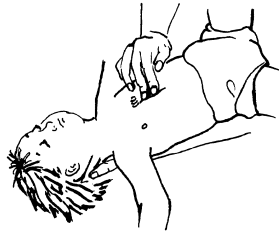
### 1. Back slaps:

- Support head, neck, and jaw with 1 hand.
- Turn baby face down on your arm.
- Sit or kneel and rest your arm on your lap or thigh
- Using the heel of your hand, give up to 5 back slaps between the shoulder blades.



### 2. Chest thrusts:

- Turn baby face up onto your other arm, supporting the head and neck.
- Give up to 5 chest thrusts, using 2 fingers just below the nipple line.



Repeat steps 1 and 2 until the baby can breathe, cough, or cry, or does not respond.

## Yog tus me nyuam mos tsis nco qab lawm

1. Qw, “**Pab - hu 911!**”
2. Ua CPR, tab sis txhua zaus koj qhib lub caj pas tshuab pa, xauj xyuas seb puas muaj khoom hauv qhov ncauj. Yog koj pom dab tsi, muab tshem tawm. Yog tsis pom ab tsi, **tsis txhob cev koj cov ntiv tes rau hauv qhov ncauj.**
3. Ua CPR kom txog thaum tus me nyuam mos hnov tso, los sis tus neeg txawj los hloov.

## Tseem ceeb

Daim ntawv no tsim los tau saib ntxiv kev qhia txog rau qhov npaj kev pab txog khoom daig caj pas. Nws yuav piav tsis tiav rau ntawm no. Koj yuav tsum xyaum cov kev qhia no nrog ib tug kws qhia. **Tsis txhob** xyaum cov kev qhia no rau ib tug neeg.

## If the infant does not respond

1. Yell, “**Help – call 911!**”
2. Do CPR, but each time you open the airway to give breaths, look for an object in the mouth. If you see something, remove it. If nothing is seen, **do not put your fingers in the mouth.**
3. Continue CPR until the baby responds, or trained help takes over.

## Important

This sheet is a review of techniques taught in a class on managing choking. It is not complete in itself. You must practice these techniques on a manikin with an instructor. **Do not** practice techniques on a person.

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