

PATIENT INFORMATION



FROM
YOUR DOCTOR

WAYS TO LEARN MORE

Be a conscientious consumer. The federal Consumer Product Safety Commission offers information in Spanish and English on child safety, including toy recalls and a Baby Safety Shower how-to kit. Call (800) 638-2772 or tap the Internet site, <http://www.cpsc.gov>. Protect others by reporting unsafe toys at the same toll-free number or via E-mail at info@cpsc.gov

**patient
care**

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WHY AND HOW TO PROTECT YOUR KIDS FROM TOYS AND FOOD



Look for this symbol on toys and games. The federal Child Safety Protection Act states that manufacturers have to use it, with written explanations, when a toy poses a choking hazard for children of certain ages. Young children love to explore, experiment, and taste. They're fascinated by the

"holes" in their ears and noses and like to insert things there.

Remove from tots' reach anything small enough to go into an ear or nostril or get stuck in a little throat.

Toys

Thousands of children are taken to hospital emergency rooms every year because they've choked on toys or pieces of them.

- Before buying a toy or accepting one as a gift, check the label for warnings about small pieces and suggested ages. Marbles and small rubber balls frequently choke small children. The eyes of stuffed toys are fun to pull out and stick in human ears, mouths, and noses.
- Examine hand-me-down toys and older toys picked up at flea markets and garage sales. They may have been packaged before warnings were required. Imported toys, which don't require labeling, are inspected when they enter the United States. Look closely anyway.
- Make sure young children aren't exposed to small pieces of toys intended for older children. Board games can be played on a table instead of the floor. Show older children how to store toys with small pieces so their younger siblings can't reach them.

Household items

These everyday items can be dangerous for small children:

Purse and pocket: Coins, subway tokens, video game tokens

Jewelry: Bead necklaces, loose beads, earrings, lapel pins, tie tacks

Desk items: Pencil erasers, lead refills for mechanical pencils, plastic caps and end plugs from ballpoint pens

Sewing supplies: Loose buttons, thread spools, thimbles, cloth scraps, needles, straight pins, safety pins

Cooking ingredients: Dried beans and peas, peppercorns, whole nutmeg

Workshop and garage: Nails, screws, nuts, bolts, fishhooks

In the yard: Loose pebbles, gravel

Miscellaneous: Mothballs, cigarette butts, pipe cleaners, foam "peanuts" for packaging

Beware the batteries!

Change button batteries in watches, hearing aids, and other items when your child isn't around. Discard the dead battery immediately. Buy new ones only as needed. **A swallowed button battery may be life-threatening. Call your doctor or a poison control center or take your child to a hospital emergency room immediately.** You can also call the National Button Battery Ingestion Hotline *collect* at (202) 625-3333 [TDD (202) 362-8563] 24 hours a day. (The phone number is on the back of most button battery packages.) If a battery is stuck in a child's ear or nose, don't use nose drops or eardrops. Go to your doctor's office or the emergency room. If possible, take the package or a matching battery with you to the doctor or hospital.



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FIRST AID FOR A CHOKING CHILD

Call 911 or an ambulance after you start a rescue effort.

For an infant less than 1 year old

Begin the following procedure if the infant is choking and cannot breathe. DO NOT do any of the following if the baby is coughing, crying, or speaking, but do call your doctor.

1. Position the infant face down on your arm supporting the head.
2. Give up to 5 back blows with the heel of your hand between the infant's shoulder blades (see illustration 1).
3. Position the infant faceup on your forearm.
4. Give up to 5 chest thrusts near the center of the breastbone (see illustration 2).

Repeat the first four steps until the infant coughs up the object or starts to breathe or becomes unconscious.

If the infant becomes unconscious,

5. Lift jaw and tongue. If foreign object is seen, sweep it out with finger.
6. Tilt head back. Try to give 2 breaths.

Start cardiopulmonary resuscitation if infant is unresponsive or if breathing or heart beat stops. Be sure that 911 has been called.



ILLUSTRATIONS 1 & 2: SUZANNE EDMONDS



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For a child older than 1 year

Begin the following if the child is choking and is unable to breathe. DO NOT do any of the following if the child is coughing, crying, or speaking, but do call your doctor.

1. Place thumbside of fist against middle of abdomen just above the navel (see illustration 3). Grasp fist with other hand (see inset).
2. Give up to 5 quick upward thrusts.

Repeat steps 1-2 until object is coughed up or until child starts to breathe or becomes unconscious.

Start cardiopulmonary resuscitation if child is unresponsive or if breathing or heart beat stops. Be sure that 911 has been called.

Adapted with permission from the American Academy of Pediatrics. *Choking/CPR* chart 1993.

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