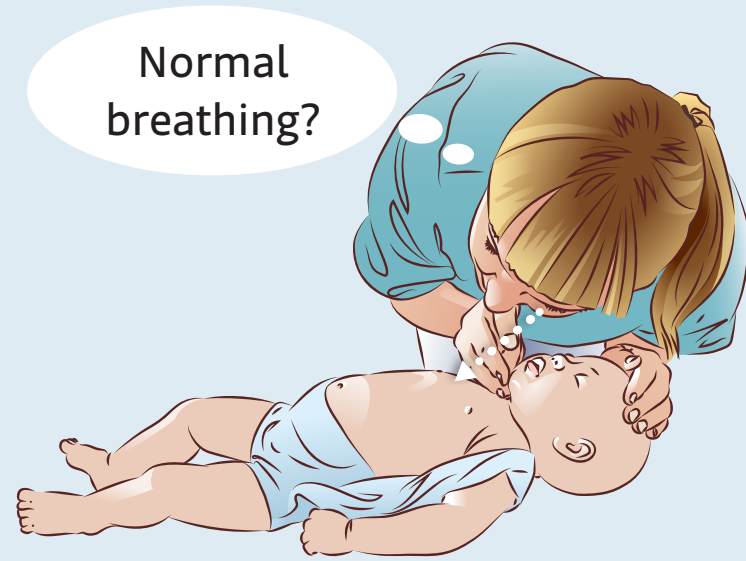


FOREIGN BODY AIRWAY OBSTRUCTION

GUIDELINES 2026

Infants under 1 year



Assess breathing

1

Is able to
breathe, cough or speak

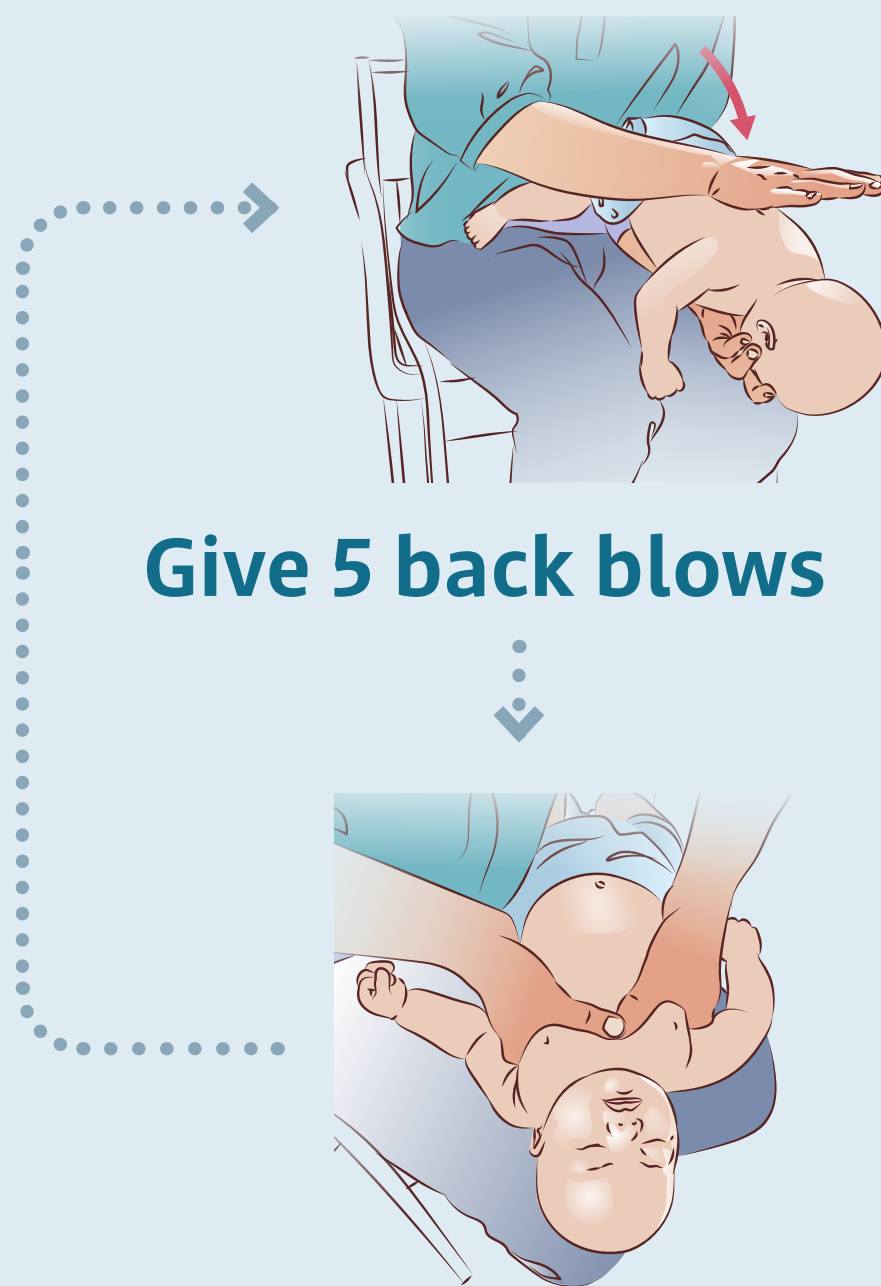
Children over 1 year and adults



**Encourage coughing,
check breathing**

2

Responsive, NOT able to
breathe, cough or speak

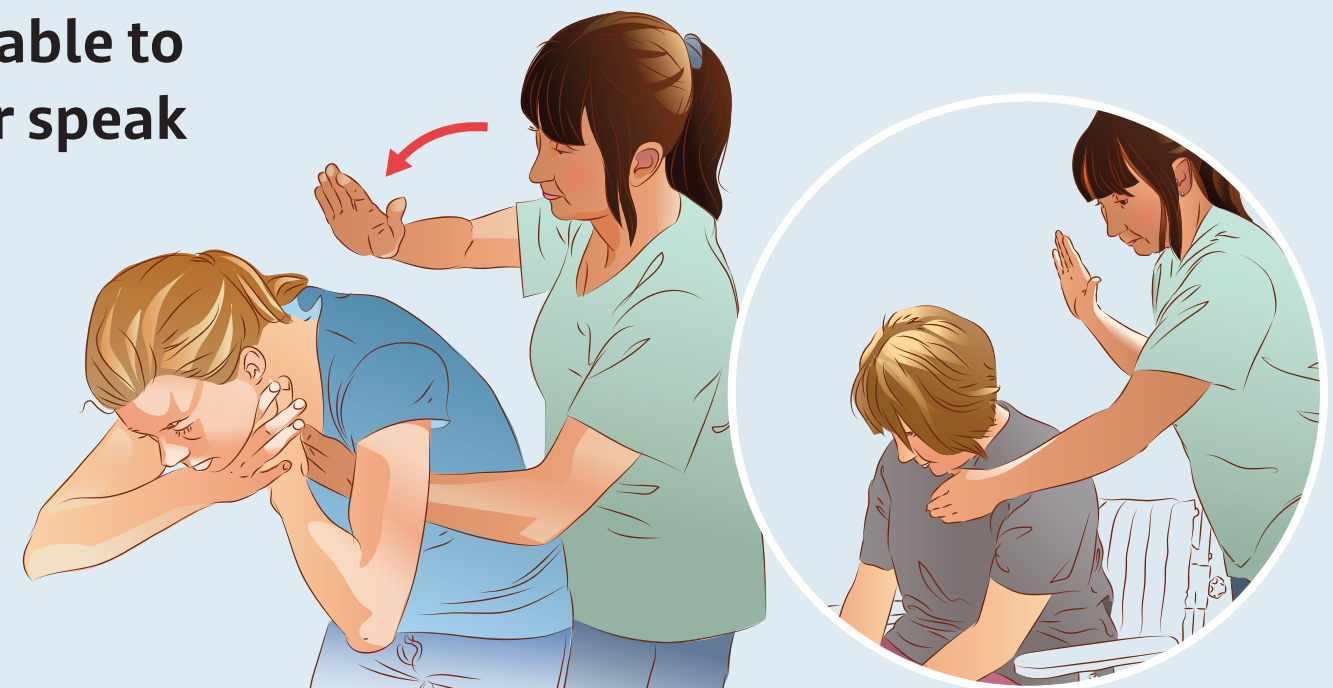


Give 5 back blows

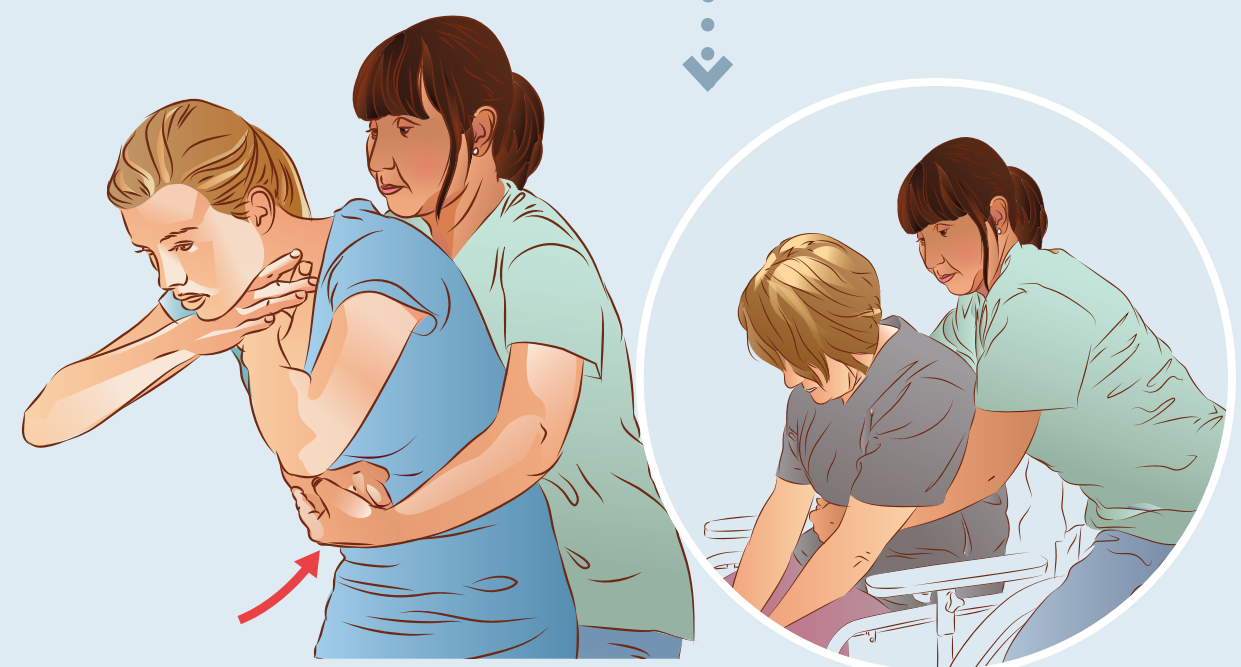
Give 5 chest thrusts

Alternate back blows and chest thrusts
as long as the child is conscious or breathing normally

Look inside the mouth if you suspect
that the object has been expelled



Give 5 back blows



Give 5 abdominal thrusts

Alternate back blows and abdominal thrusts
as long as the person is conscious
or breathing normally

3

Unresponsive, not breathing

Call 112

Use phone on speaker

Start CPR

Children 0-18 years

Give 5 rescue breaths, then alternate CPR with
15 chest compressions and 2 rescue breaths

Look inside the mouth if you suspect
that the object has been expelled

Adults

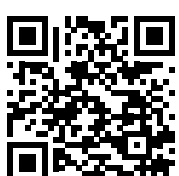
Start CPR and alternate
30 chest compressions and 2 rescue breaths

Look inside the mouth if you suspect
that the object has been expelled

Continue CPR until signs of life or until EMS / resuscitation team arrives



The ambulance
is on the way. I will help you
perform CPR



Scan the QR-code to access
the Swedish AED-register