

Choking Safety

A child's airway is smaller and more pliable than an adult's, which makes children more susceptible to unintentional choking.

Choking is the 4th leading cause of death in children under 5.

Did You Know?

Hot dogs are the leading cause of food related choking fatalities in children.

What Can YOU Do?

Always supervise your children while they are eating. This is a great time to really connect!

Cut food into tiny pieces. Children under 5 should not eat small, round or hard foods, including hot dogs, cheese sticks, hard candy, nuts, grapes, marshmallows or popcorn!

Young children should always eat while sitting, not while lying down, playing or running around.

Keep small magnets away from children. These include magnets found in construction sets, children's toys, refrigerator magnets, and rare-earth magnets such as Buckyballs.

Seek medical attention immediately if you suspect that magnets have been swallowed. Look for abdominal symptoms, such as pain, nausea, vomiting, or diarrhea.

Keep small objects such as buttons, beads, jewelry, pins, nails, marbles, coins, stones and tacks out of reach and out of sight!