

IF YOUR DOG IS CHOKING

Emergency First Aid Reference Card • Keep where you can find it fast

SIGNS OF CHOKING

- Pawing at mouth or face • Struggling or gasping to breathe • High-pitched or no breathing
- Blue/white gums • Panic or collapse • Collapsing or going limp

DOG IS CONSCIOUS

1. Check the mouth. Open and look inside. Remove object if visible — sweep carefully with finger. Do not sweep blindly.

2. Abdominal thrusts. Large dog (standing): Arms around waist, fist just below rib cage, 5 rapid thrusts inward and upward. **Small dog:** On back on your lap, heel of hand below rib cage, 5 firm pushes inward and upward. Check mouth.

3. Suspend head-down. Small dog: Hold upside down by hind legs. **Large dog:** Lift hind legs only — wheelbarrow position. Give 5 firm blows between shoulder blades with heel of hand. Check mouth.

4. Back blows. Dog still head-down or on side — 5 sharp blows between shoulder blades with heel of hand. Check mouth and remove object if visible.

5. Keep going. Repeat thrusts, suspension, and back blows until object comes out or dog loses consciousness.

DOG LOSES CONSCIOUSNESS

1. Position. Lay the dog on their side.

2. Open the airway. Gently pull tongue forward. Look in the mouth. Remove object if visible.

3. Rescue breaths. Close the mouth. Cover nose with your mouth. Exhale until chest rises. Give 2 breaths.

4. CPR. 30 chest compressions, then 2 breaths. Press on the widest part of the chest at 100–120/min. Let chest fully recoil between compressions.

5. Rush to the vet. Continue CPR until dog breathes on their own or you arrive.

SEE A VET EVEN IF IT WORKED

Abdominal thrusts and back blows can cause internal injury that isn't visible.
Choking can also cause fluid in the lungs. Call ahead on the way.