



Emergency Care for

CHOKING

Emergency Phone Number

CONSCIOUS VICTIM

If victim **CAN** breathe,
cough or speak—
DO NOT INTERFERE.

If victim **CANNOT** breathe,
cough or speak—
give quick upward thrusts
(grip above waist but below ribs).



(Avoid pressing on the bottom of the breastbone.)



Hold fist
with thumb
tucked in.

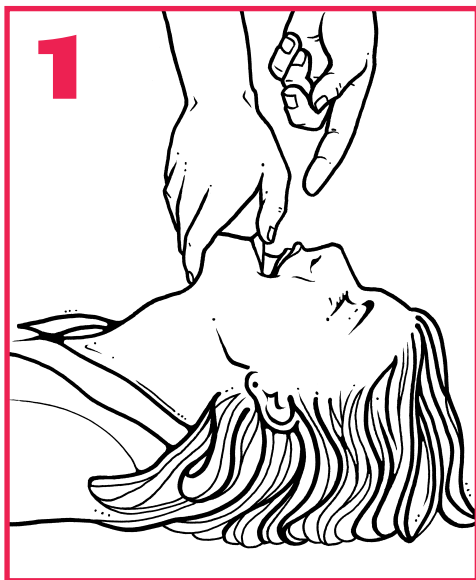
With thumb side
inward, use
other hand to
give an in and
upward thrust.



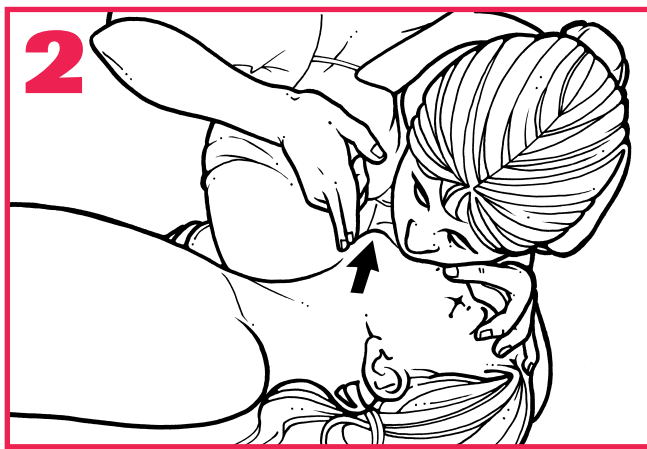
Repeat thrust steps until effective or until victim becomes **UNCONSCIOUS.**

UNCONSCIOUS VICTIM

Phone 911 or other emergency response number or send someone to call.



Return to the victim.



Attempt two breaths.



Do 30 chest compressions
(Place heel of one hand on
center of breastbone and
heel of second hand on
first hand).

Open the airway.
Look for foreign object.
IF one is seen, remove it
(head tilt, chin lift).
Start CPR.

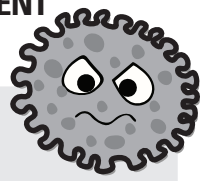
**Repeat steps 1, 2 and 3 until
victim starts breathing or
until emergency/medical help arrives.**

- Have someone call for an ambulance, rescue squad or EMS.
 - **DO NOT PRACTICE ON PEOPLE.** Abdominal thrust may cause injury. Use the back blows and chest thrust on infants. Use the chest thrust on pregnant women and obese victims.
 - Learn to perform emergency care for choking and cardiopulmonary resuscitation (CPR).
 - For CPR training information, call your local American Heart Association or American Red Cross chapter.
 - For children 1 to 8 years of age, use one hand for chest compressions and one breath.
- Standards from the American Heart Association

Clean-up and Disinfection for Norovirus ("Stomach Bug")

THESE DIRECTIONS SHOULD BE USED TO RESPOND TO ANY VOMITING OR DIARRHEA ACCIDENT

Note: Anything that has been in contact with vomit and diarrhea should be discarded or disinfected.



1 Clean up

- Remove vomit or diarrhea right away!**
 - Wearing protective clothing, such as disposable gloves, apron and/or mask, wipe up vomit or diarrhea with paper towels
 - Use kitty litter, baking soda or other absorbent material on carpets and upholstery to absorb liquid; do not vacuum material: pick up using paper towels
 - Dispose of paper towel/waste in a plastic trash bag or biohazard bag
- Use soapy water to wash surfaces that contacted vomit or diarrhea and all nearby high-touch surfaces, such as door knobs and toilet handles**
- Rinse thoroughly with plain water**
- Wipe dry with paper towels**

DON'T STOP HERE: GERMS CAN REMAIN ON SURFACES EVEN AFTER CLEANING!



2 Disinfect surfaces by applying a chlorine bleach solution

Steam cleaning may be preferable for carpets and upholstery. Chlorine bleach could permanently stain these. Mixing directions are based on EPA-registered bleach product directions to be effective against norovirus. For best results, consult label directions on the bleach product you are using.

a. Prepare a chlorine bleach solution

Make bleach solutions fresh daily; keep out of reach of children; never mix bleach solution with other cleaners.

IF HARD SURFACES ARE AFFECTED...
e.g., non-porous surfaces, vinyl, ceramic tile, sealed counter-tops, sinks, toilets

 **3/4 CUP OF CONCENTRATED BLEACH** + **1 GALLON WATER** 

CONCENTRATION ~3500 ppm

IF USING REGULAR STRENGTH BLEACH (5.25%), INCREASE THE AMOUNT OF BLEACH TO 1 CUP.

- Leave surface wet for at least 5 minutes**
- Rinse all surfaces intended for food or mouth contact with plain water before use**

3 Wash your hands thoroughly with soap and water

Hand sanitizers may not be effective against norovirus.

Facts about Norovirus

Norovirus is the leading cause of outbreaks of diarrhea and vomiting in the US, and it spreads quickly.

Norovirus spreads by contact with an infected person or by touching a contaminated surface or eating contaminated food or drinking contaminated water. Norovirus particles can even float through the air and then settle on surfaces, spreading contamination.

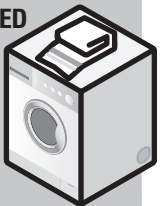
Norovirus particles are extremely small and billions of them are in the stool and vomit of infected people.

Any vomit or diarrhea may contain norovirus and should be treated as though it does.

People can transfer norovirus to others for at least three days after being sick.

IF CLOTHING OR OTHER FABRICS ARE AFFECTED

- Remove and wash all clothing or fabric that may have touched vomit or diarrhea
- Machine wash these items with detergent, hot water and **bleach** if recommended, choosing the longest wash cycle
- Machine dry



Scientific experts from the U.S. Centers for Disease Control and Prevention (CDC) helped to develop this poster. For more information on norovirus prevention, please see <http://www.cdc.gov/norovirus/preventing-infection.html>.



co.somerset.nj.us/health



neha.org



waterandhealth.org



americanchemistry.com



cfour.org

disinfect-for-health.org

Updated March, 2015



CONSUMER ADVISORY

The Illinois Department of Public Health advises that eating raw or undercooked meat, poultry, eggs or seafood poses a health risk to everyone, but especially to the elderly, young children under age 4, pregnant women, and other highly susceptible individuals with compromised immune systems. Thorough cooking of such animal foods reduces the risk of illness. For further information, contact your physician or public health department.



NOTICE TO CONSUMERS

Please communicate any food allergies to an employee of this establishment and that employee shall communicate that food allergy information to the Person In Charge or Certified Food Protection Manager on duty at this establishment.



WASH HANDS

**BEFORE RETURNING
TO WORK**



ILLINOIS DEPARTMENT OF PUBLIC HEALTH

Lávese las Manos

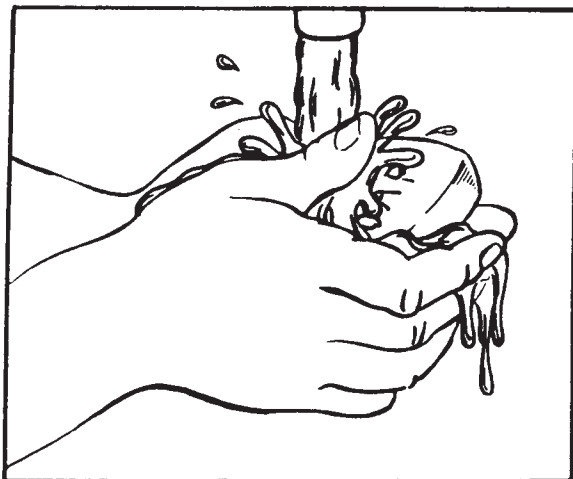
**Antes de volver a
trabajar**



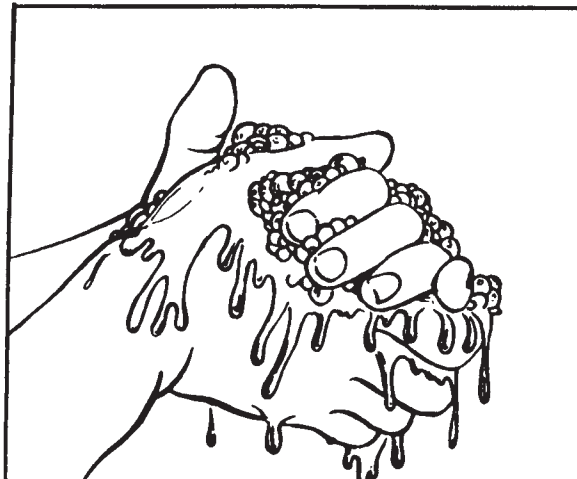
Departamento de Salud Pública de Illinois

PROPER HANDWASHING

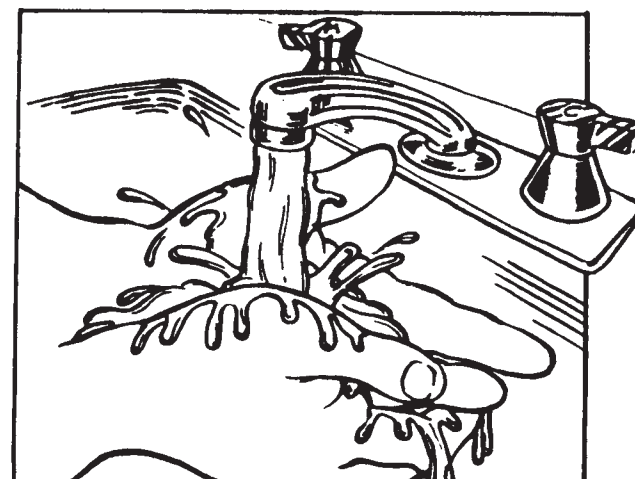
ILLINOIS DEPARTMENT OF PUBLIC HEALTH



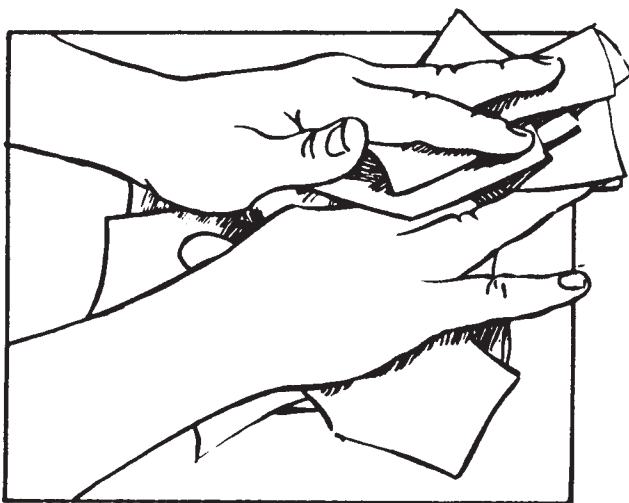
1. Wet hands with soap and warm water.



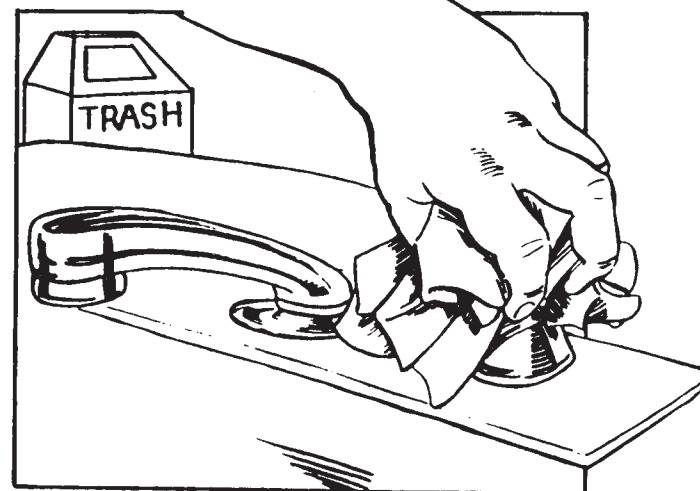
2. Rub hands for 20 seconds. Get under fingernails and between fingers.



3. Rinse under warm running water.



4. Dry hands on your own clean towel.



5. Turn off water with paper towel. Throw towel away.