

# Sit for Safety!



- Many times, people with intellectual/developmental disabilities eat alone.
- Being able to intervene early when someone is choking is essential.
- If you are not hungry at the time someone is eating, just sit and have a drink while the person eats.
- It is important to stay with the person while they are taking their medication.

**Choking can happen to anyone!**

*(even to people without the diagnosis of dysphagia)*

Choking is an extremely frightening breathing emergency. It only takes a moment for a choking episode to occur. While some choking episodes are uneventful, others can result in serious injury or death.

## Sit for Safety!

Don't let people eat or take medication alone.

If we remain with people when they are eating or taking medication, we can reduce the chance of choking episodes.

If you are feeding someone or administering medication, taking a seat to do so may reduce the chance of choking.

 **YES !**

I pledge to be part of the **Sit for Safety** Campaign!