



## **A MINUTE OF HEALTH WITH CDC**

### *Nobody Wins This Game*

*“Choking Game” Awareness and Participation Among 8<sup>th</sup> Graders — Oregon, 2008*

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*This program is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.*

It may be called a game, but there are no winners in this latest activity among U.S. children. Known as the “choking game,” the intent is to get high by causing a temporary lack of oxygen to the brain after children choke themselves or each other. Unfortunately, the activity can go too far and children can suffer permanent injury or death. Signs of this activity include bloodshot eyes, marks on the neck, and ropes, belts, or scarves tied to bedposts or doorknobs. If you suspect your child is participating in the choking game, talk to them about the serious consequences of this activity and seek the advice of a health care professional.

Thank you for joining us on *A Minute of Health with CDC*.

*For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO, 24/7.*