



Quick Facts

Hero:
Mariana

Age:
11

Learned Skill:
Heimlich Heroes

Saved:
Her sister

“I looked at her because she wasn’t talking, and I saw she was grabbing her neck. Her face was purple and she looked frightened.

- Mariana

EVERYDAY HERO STORIES:

A Sister Saves the Day

Sisters, Mariana, 11, and Gabriela, 9, learned the Heimlich Maneuver® from a Heimlich Heroes training event with their American Heritage Girls’ troop.

Mariana, Gabriela and their mom told us in their own words what happened the day Gabi choked:

Mom: My husband, daughters and I were at a funeral reception in our church. Gabi was drinking lemonade with ice cubes. We were in the middle of a long table; my husband and I were sitting in front of Mariana and Gabi.

Suddenly, Gabi started moving, trying to say something and pointing at her throat. In a matter of seconds her face turned purple– she was choking! Mariana, sitting next to her, immediately stood up and performed the Heimlich Maneuver on Gabi.

My husband ran around the table to help Gabi, but she had already expelled the ice cube thanks to Mariana’s prompt reaction.

Gabi: I immediately screamed in my mind! It was just so unexpected! I really didn’t have time to think.

Mariana: I looked at her because she wasn’t talking, and I saw she was grabbing her neck. Her face was purple and she looked frightened. It was all so fast, and I was panicked!

Gabi: If Mariana hadn’t saved me, I could have died. My sissy saved my life! It can happen so suddenly; one minute you’re eating and drinking, and the next you’re in a life or death situation.

Mom: We were so proud of Mariana, because she acted so quickly. We are thankful she learned the Heimlich Maneuver not long before this happened! Thank you Heimlich Heroes for providing all the materials necessary for teaching this important survival technique to our kids and us.



Mariana and Gabriela