



Quick Facts

Hero:
Shailyn Ryan

Grade:
3

Learned Skill:
Home Alone Safety
Class

Saved:
Her Friend Keira

“The best friend that I can actually trust, I know that now I have somebody I can trust if I’m choking on a hot dog”

-Keira

EVERYDAY HERO STORIES:

A Best Friend You Can Trust

Opportune is the best word to describe the experience of Keira Silva, who began choking on a hot dog. Her best friend Shailyn Ryan was sitting next to her when she began choking.

“It was probably one of the most scariest feelings I’ve ever got,” Keira said.

Luckily, Shailyn came through in Keira’s time of need.

“I put my hand in a fist and then my other hand over it, and then I squeezed on her belly so she would cough up the hot dog,” Shailyn said.



Shailyn Ryan shows how she used the Heimlich on her best friend Keira Silvia

This would not have been possible if Shailyn hadn’t learned the Heimlich the day before at the Northboro Recreation Center in the Home Alone Safety program taught there.

“I wasn’t nervous because I knew how to do it,” Shailyn said

When it comes to emergency situations like this one, timely training is the best preparation possible. It also shows the value of programs like Home Alone Safety and our own Heimlich Heroes training!