It's blocking.

The next code to execute will not do so until the SQL query has completed it's function.

If it all runs quickly then you wont notice. I imagine (but can't be sure) that a small DB and small table on a fast server would not cause any more lag than other I/O disk operations (such as reading from a text file, or writing to it).

However, to make it non-blocking, you could work with threads.