

## Danger Signs & Red Flags\*



These don't happen often, but if they do, it's really important to see a doctor:

- A headache that does not go away or gets worse
- One pupil (eye) is larger than the other
- No memory of what happened
- Extreme drowsiness or having a hard time waking up
- Slurred speech, vision problems, numbness, or decreased coordination
- Repeated vomiting or nausea, or shaking or twitching
- Unusual behavior, confusion, restlessness or agitation
- You peed or pooped unintentionally
- You were knocked out, passed out, or lost consciousness

### After an Injury

Make sure someone stays with you for the next 24-72 hours immediately after a strangulation to watch for red flags.

You may or may not develop complications after a strangulation. Keep a log of any symptoms or injuries that develop. See your doctor immediately if:

- You have a hard time breathing
- It's painful to breathe
- You have trouble swallowing
- Your voice changes
- You have problems speaking

\*adapted from Ohio DV Network

## We care about your Safety

If you are worried about your safety or are sometimes afraid of your partner, there is help available. All of your information will be kept confidential and all services are free. WRAP has advocates serving 19 counties in West TN.

**Call WRAP's 24/7 Helpline at:  
800-273-8712**

We can help file Orders of Protection, create a safety plan, assess your level of risk, provide a safe home assessment, offer psycho-educational therapy, and connect you with resources.

Your experience with abuse is unique to you, and your path to safety and healing will be as well. We will listen to you, believe you, and explain the resources that are available. You choose whether to involve law enforcement or not.

### Amount of Pressure To:



Pop the Tab  
20 lbs



Shake Hands  
90 lbs



Close the  
Jugular Vein  
4.4 lbs



Close the  
Carotid Artery  
11 lbs



Close the  
Trachea  
33 lbs

**800**

*Victims of just one strangulation are 700% more likely to become a victim of attempted homicide, and 800% more likely to become a victim of homicide by the same partner in the future.*



/wrapwesttn



www.wraptn.org



## What you need to know about strangulation (choking)



End Violence. Change Lives. Give Hope.

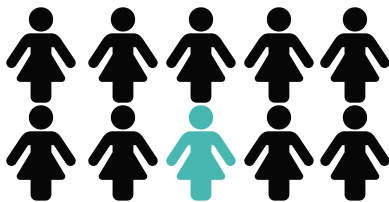
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## You are not alone.



1 in 4 women will experience violence from their partner or loved one at some point in their life.\*

Of those, 1 in 10 will experience choking or strangulation by their partner or loved one.\*



## Strangulation is a severe and dangerous form of abuse.

You could lose consciousness and black out within

5-10  
seconds

You could lose control of your bladder and involuntarily urinate after

15  
seconds

You could lose control of your bowels and involuntarily defecate after

30  
seconds

You could lose your life within

1-3  
minutes

Strangulation isn't the only way to cause this level of harm. **Any kind of obstruction to your breathing is dangerous.** This can include pinning you against the wall by your neck, sitting on your chest, putting you in a headlock or chokehold, holding you underwater, or covering your mouth and nose.

## Effects of Strangulation

Use this checklist to keep track of any side effects you have.

- small red/purple dots on your face, scalp, eyes, ears, or nose (this is called *petechiae*)
- bumps on your head, skull fracture, or concussion
- scratch marks, fingernail marks, linear (ligature) marks, or bruising on your face, neck, chest, shoulders, or under your chin (sometimes these can be self-inflicted)
- bloodshot eyes
- bleeding from your ears or nose
- bruising, cuts, or abrasions in or on your mouth or lips
- swollen lips or swollen tongue
- a cough that won't go away
- coughing up blood
- losing consciousness or passing out
- changes in your voice
- difficulty speaking, swallowing, or breathing
- a lump in your throat
- muscle spasms in your neck or throat
- swelling in your neck, throat, or tongue
- increasing neck pain
- weakness on one side of your body
- numbness or tingling
- drooping eyelid
- difficulty understanding speech
- difficulty walking
- a headache that doesn't go away with pain medication
- dizziness or lightheadedness
- changes in your vision
- burst blood vessels in your eye
- seizures
- memory loss or confusion
- vomiting

50%

Visible injuries only show up in **HALF** of all cases, and you can have deadly complications days or even weeks afterward. It is important that you monitor your symptoms and danger signs, and seek medical attention immediately.

Strangulation can block both oxygen to your organs and blood flow to your brain. Use this diagram to mark and keep track of any visible signs or symptoms that show up.

