

LAW ENFORCEMENT STRANGULATION ADVISEMENT TO VICTIM

- After a strangulation assault, you can experience internal injuries with a delayed onset of symptoms, usually within 72 hours. These internal injuries can be serious or fatal.
- Stay with someone you trust for the first 24 hours and have them monitor your signs and symptoms.
- Seek medical attention or call 911 if you have any of the following symptoms: difficulty breathing, trouble swallowing, swelling to your neck, pain to your throat, hoarseness or voice changes, blurred vision, continuous or severe headaches, seizures, vomiting or persistent cough.
- The cost of your medical care may be covered by your state's victim compensation fund. An advocate can give you more information.

"As a law enforcement officer, I have a duty to warn you that strangulation is serious and can cause internal injuries, brain damage and/or delayed health consequences such as strokes, thyroid issues, miscarriage and/or death. Research shows that if you are strangled even one time, you are 750% more likely to be killed by your partner. I strongly encourage you to seek immediate medical attention at an emergency department and ask for support from an advocate."

SIGNS		SYMPTOMS		YOUR SIGNS
<ul style="list-style-type: none">• Scratch marks• Pinpoint red spots<ul style="list-style-type: none">- On eyes- On scalp/face• Bruising• Swollen tongue/lips	<ul style="list-style-type: none">• Ligature marks• Fingernail impressions• Cuts/abrasions• Bloody/broken nose	<ul style="list-style-type: none">• Voice changes• Swallowing changes• Neck pain• Nausea/vomiting• Breathing changes	<ul style="list-style-type: none">• Behavioral changes• Vision Changes• Involuntary urination or defecation• Hearing changes	<p>Signs/Symptoms: _____</p> <p>Date: _____</p> <p>Signs/Symptoms: _____</p> <p>Date: _____</p>