



HELP US HOLD OFFENDERS ACCOUNTABLE

Timely reporting of assaults involving strangulation is critical to our ability to investigate and prosecute these cases.

If you have been strangled ("choked") or otherwise abused by your partner, contact police and talk with your healthcare provider immediately. Strangulation is a crime!



DID YOU KNOW?

- ▶ Strangulation injuries are frequently not visible.
- ▶ Female survivors of non-fatal strangulation are 600% more likely to become a victim of attempted homicide and more than 700% more likely to become a victim of homicide.

R E S O U R C E S

National Domestic Violence Hotline

1-800-799-SAFE (7233)
24-Hour, Confidential

San Diego County District Attorney's Office Victim Services

Central: (619) 531-4041
East: (619) 441-4538
South: (619) 498-5650
North: (760) 806-4079

San Diego Family Justice Center (619) 533-6000

Center for Community Solutions (888) 385-4657

YWCA of San Diego County (619) 234-3164

South Bay Community Services (800) 640-2933

Women's Resource Center (760) 757-3500

Community Resource Center (877) 633-1112

Acknowledgements

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(619) 531-4300
www.sandiegoda.com

WHAT DO YOU NEED TO KNOW?

DOMESTIC VIOLENCE STRANGULATION

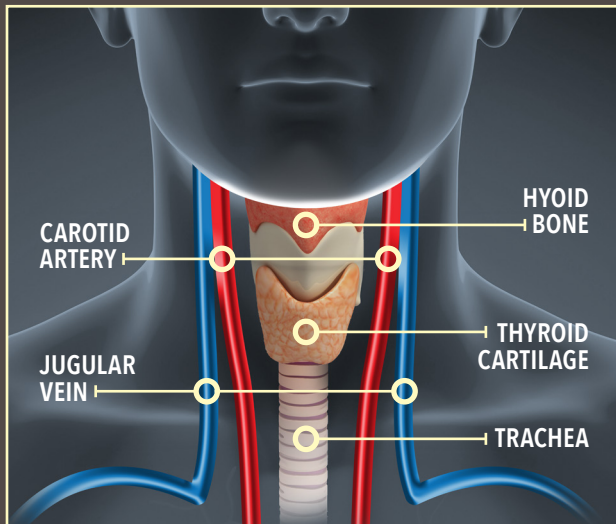


LIVE WELL
SAN DIEGO

WHAT IS STRANGULATION?

When the body is deprived of oxygen, loss of consciousness will result and, if continued, lead to death. Loss of consciousness can happen within seconds and death within minutes.

Strangulation is external pressure applied to the neck sufficient enough to cause the closure of blood vessels and/or air passages of the neck, resulting in a lack of oxygen to the brain.



Strangulation is not the same as "choking." Choking is caused by the obstruction of the airway, usually when food gets lodged in the windpipe.

Strangulation can be terrifying and painful. Many victims of strangulation violently resist and cause injuries to their own necks as they attempt to claw off the hands of their assailants.

Did someone place hands or an object around your neck or throat?



SIGNS

HEAD Pinpoint red spots (petechiae) on scalp, missing/pulled hair, bumps, skull fracture

FACE Red or flushed, petechiae, scratch marks

EYES AND EYELIDS Petechiae to the left and/or right eyeball, bloodshot eyes

EARS Petechiae (external and/or ear canal), bleeding from ear canal

NOSE Bloody nose, broken nose, petechiae

MOUTH Bruising, swollen tongue, swollen lips, cuts/abrasions

UNDER THE CHIN Redness, scratch marks, bruises, abrasions

NECK Redness, scratch marks, fingernail impressions, bruises, abrasions, swelling, ligature marks

CHESTS AND SHOULDERS Redness, scratch marks, bruises, abrasions

*If you or someone you know has been strangled, call **911** immediately*



SYMPTOMS

VOICE CHANGES Raspy and/or hoarse voice, coughing, unable to speak, complete loss of voice

SWALLOWING CHANGES Trouble swallowing, painful swallowing, neck pain, nausea/vomiting, drooling

BREATHING CHANGES Difficulty breathing, rapid breathing, unable to breathe

BEHAVIORAL CHANGES Restlessness or combativeness, problems concentrating, amnesia, agitation, Post-Traumatic Stress Syndrome, hallucinations

VISION CHANGES Complete loss or black and white vision, seeing 'stars,' blurry, darkness, fuzzy around the eyes

HEARING CHANGES Complete loss of hearing, gurgling, ringing, buzzing, popping, pressure, tunnel-like hearing

OTHER CHANGES Memory loss, unconsciousness, dizziness, headaches, involuntary urination or defecation, loss of strength, going limp

