

Someone who has been strangled could:

- Lose consciousness within 5-10 seconds.
- Die within 4-5 minutes.
- Die days or weeks after strangulation from associated injuries or respiratory complications.
 - Acute Respiratory Distress Syndrome (ARDS)
 - Pneumonia
 - Embolization
- Experience permanent damage to the brain and the body.
- Suffer emotional trauma.

“Victims of domestic violence who have been choked or strangled are 8 times more likely to be killed by their partner.” *

**Don't wait.
Seek help today.**

Contact the *Domestic Violence Prevention Officers* or the *Victim Advocates* at your local precinct or PSA.

For emergencies, dial “911.”

Visit www.nyc.gov/nycchope
Call the 24-hour NYC Domestic Violence Hotline:
1 (800) 621-HOPE (4673)
TTY: 1 (866) 604-5350

*Nancy Glass et al., *Non-Fatal Strangulation Is an Important Risk Factor for Homicide of Women*, 35, Journal of Emergency Medicine, 329 (2008).



DOMESTIC VIOLENCE

STRANGULATION (CHOKING)

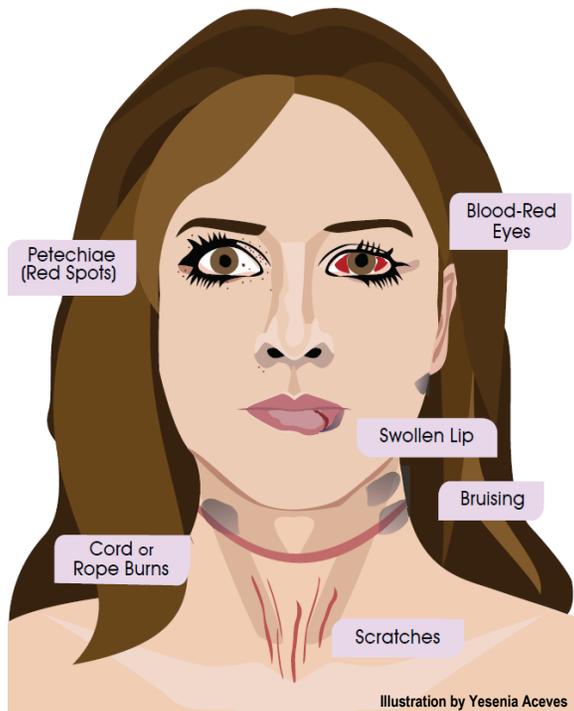
Have you ever been
strangled or choked?

Don't wait.
Seek help today.



Know the signs. Don't wait. Seek help.

Visible Signs



Remember, sometimes there are no visible signs of strangulation.

If you have been choked or strangled, you can receive help, even without visible signs.

Help is always available.

SIGNS of Strangulation

- **Head:** *pinpoint red spots (petechiae) on scalp, pulled hair, bump(s), skull fracture, concussion*
- **Face:** *red or flushed, petechiae, scratch marks*
- **Eyes & Eyelids:** *petechiae to the left or right eyeball, bloodshot eyes*
- **Nose:** *bloody nose, broken nose, petechiae*
- **Mouth:** *bruising, swollen tongue, swollen lips, cuts/abrasions*
- **Under the Chin:** *redness, scratch marks, bruise(s), abrasions*
- **Chest & Shoulders:** *redness, scratch marks, bruise(s), abrasions*

SYMPTOMS of Strangulation

- **Voice:** *raspy and/or hoarse voice, inability to speak*
- **Swallowing:** *trouble swallowing, neck pain, coughing, nausea/vomiting, drooling*
- **Breathing:** *difficulty with controlling breathing, hyperventilation*
- **Behavior:** *restlessness or combativeness, problems concentrating, amnesia, agitation, Post-traumatic Stress Syndrome*
- **Vision:** *blurred, or complete loss of vision, black & white vision, "seeing stars," darkness, hallucinations*
- **Hearing:** *partial or complete loss of hearing, ringing, buzzing, popping, increased pressure within ear canal, "tunnel-like" hearing*
- **Other:** *memory loss, unconsciousness, dizziness, headaches, involuntary urination or defecation, loss of strength, fatigue*

10 Things You Can Do

Immediately Following an Attack

1. **Call "911."** Report the incident to the police. If needed, **request an ambulance.**
2. See a doctor, **even if you think you haven't been injured.**
3. **Take photos of any injuries.**
4. Write down any **signs or symptoms** you are experiencing.

Days and Weeks Later

5. **Contact the Domestic Violence Prevention Officers at your local precinct or PSA.** They are specially trained to provide assistance and safety planning to victims of domestic violence.
6. **Contact the Victim Advocates at your local precinct or PSA.** They can help you access resources and services to keep you safe.
7. Consider obtaining an **Order of Protection.**
8. **Continue to keep a log** of any symptoms you are experiencing.
9. Call the 24-hour NYC Domestic Violence Hotline: **1 (800) 621-HOPE (4673).**
10. Remember that strangulation or threat of strangulation is **never "okay" and never your fault.**