

Monitor Your SYMPTOMS

DATE/TIME	DESCRIBE SYMPTOMS

Monitor Your SIGNS

DATE/TIME	DESCRIBE SIGNS

SYMPTOMS of Strangulation

- 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, hyperventilation, unable to breathe.
- BEHAVIORAL CHANGES** Restlessness or combativeness, problems concentrating, amnesia, agitation, Post-traumatic Stress Syndrome, hallucinations.
- VISION CHANGES** Complete loss or black & 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.

SIGNS of Strangulation

- HEAD** Pinpoint red spots (petechiae) on scalp, hair pulled, bump(s), skull fracture, concussion.
- FACE** Red or flushed, petechiae, scratch marks.
- EYES AND EYELIDS** Petechiae to the left or right eyeball, bloodshot eyes.
- EAR** 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, bruise(s), abrasions.
- NECK** Redness, scratch marks, fingernail impressions, bruise(s), abrasions, swelling, ligature marks.
- CHEST AND SHOULDERS** Redness, scratch marks, bruise(s), abrasions.

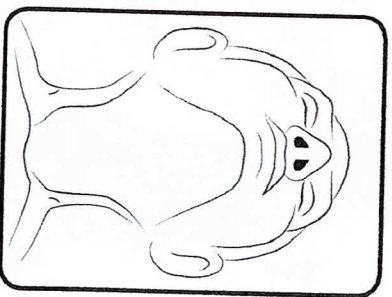
Mark Visible Injuries

Use a pen or marker to indicate any visible signs of strangulation in the diagrams below:

FRONT



UNDER CHIN



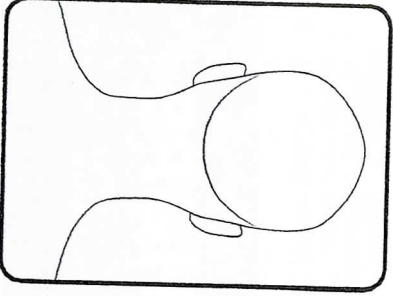
RIGHT SIDE



LEFT SIDE



BACK



INSIDE MOUTH

