

Strangulation Check-List

Strangulation: A form of asphyxia (lack of oxygen) characterized by closure of the blood vessels and/or air passages of the neck as a result of external pressure on the neck.

If you have been strangled (even an attempt), and you have any of the following symptoms, you **may need to seek medical attention immediately. Victims of strangulation can suffer severe complications days after the event. You know your body—listen to it.

YES	NO	
___	___	Did you lose consciousness?
___	___	Did your feet leave the ground if you were standing when strangled?
___	___	Is your voice raspy? Did you lose your voice?
___	___	Did the suspect threaten you during the strangulation?
___	___	Are you having difficulty swallowing?
___	___	Are you having difficulty controlling your saliva? Are you spitting or drooling more than normal?
___	___	Are you having difficulty breathing?
___	___	Did the suspect strangle you for longer than 10 seconds?
___	___	Do you feel restless? Are you having mental status changes? (This can be due to loss of oxygen to the brain)
___	___	Did you lose control of your bladder or bowels?
___	___	When you run your fingers down the sides of your neck, do you hear “popping” or feel air pockets on the side of your neck? If so, you need to seek medical attention right away.
___	___	Is your tongue swollen?
___	___	Do you feel like your neck is swollen?
___	___	Do you have any pain in your neck or head?
___	___	Is there visible petechiae (burst capillaries that look like red “dots”)? They can be found in the whites of the eyes, scalp, neck, nose, ears, etc.

**It only takes 4.4 pounds of pressure on the sides of the neck for 10 seconds to make someone unconscious; it only takes 11 pounds of pressure on the front of the neck for 10 seconds to make someone unconscious.

**** Many strangulation victims have no visible signs of injury.**

**Call 911 if you need emergency assistance or if you would like to report the incident to law enforcement.