

Monitor & Photograph Your SIGNS

Date & Time	Journal Your Signs

Signs of Strangulation

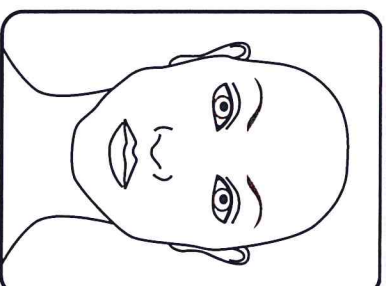
- Head-** pinpoint red spots (petechiae) on scalp, hair pulled, bump(s), skull fracture, concussion.
- Face-** red or flushed, petechiae, scratch marks, bruising.
- Eyes and Eyelids-** petechiae to the left or right eyeball, bloodshot eyes.
- Ear-** petechiae (external and/or ear canal), bleeding from 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, bruising, abrasions, swelling, ligature marks.
- Chest and Shoulders-** redness, scratch marks, bruising, abrasions.

Symptoms of Strangulation

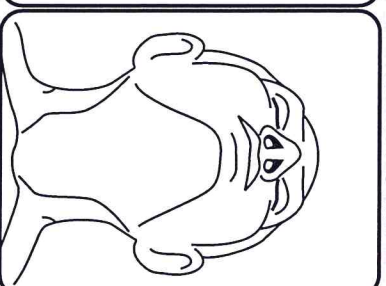
- Voice changes-** raspy and/or hoarse voice, coughing, unable to speak, complete loss of voice.
- Swallowing changes-** trouble swallowing, painful swallowing, neck pain, nausea/vomiting, drooling.
- Breathing changes-** difficulty breathing, hyperventilation, unable to breathe.
- Behavioral changes-** 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.

Diagrams to Mark Visible Injuries

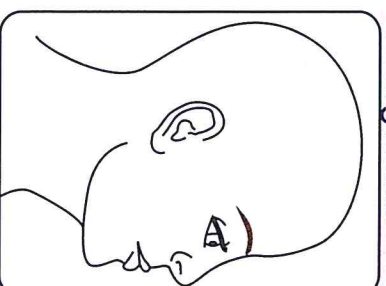
Use a pen or a marker to indicate any visible signs and/or symptoms.



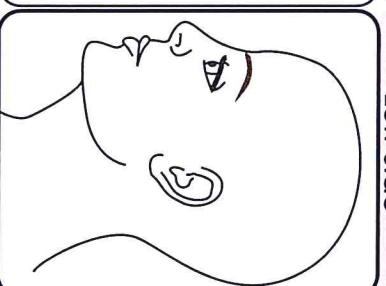
Front



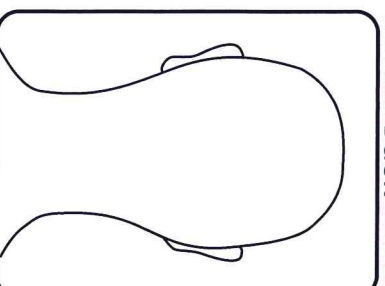
Under Chin



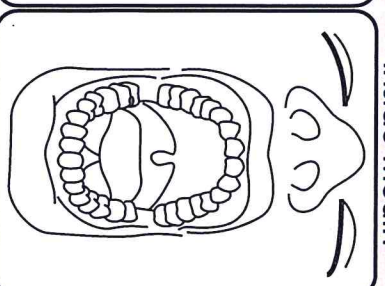
Right Side



Left Side



Back



Inside Mouth

Monitor Your SYMPTOMS

Date & Time	Journal Your Symptoms

Date & Time	Journal Any Other Sensation