

After You've Been Hurt in the Head, Neck, or Face



Monitor your symptoms, by circling and/or listing them below, so you can share them with your doctor.

Warning Signs for Immediate Medical Care

- Difficult or painful breathing
- Problems speaking or swallowing
- Uncontrollable vomiting
- Shaking, twitching, or seizures
- Extreme confusion or agitation
- Drowsy or cannot wake up
- Excruciating headaches
- Slurred speech
- Weakness or numbness
- Decreased coordination
- Passed out, blacked out, or went unconscious
- Unusual behavior
- Peed or pooped unintentionally

My Warning Signs

Being choked, strangled, or hurt in the head can cause concussion or brain injury. Symptoms

can develop or get worse over time, even without any bruises or marks.



Strangulation (choking) is a deadly crime

Changes You Might Notice

Dazed or feeling foggy

Problems in your body; headaches, bothered by light or noise, vision or eye changes

Difficulty answering questions

Memory gaps

Changes in emotions or thinking; feeling anxious, depressed, irritable, or "off"



Rest your body and brain. Reduce screen time and avoid stress.

Stay with someone safe for at least three days to watch for concerns listed on this card, including:

- Mood, personality, or behavior changes
- Confusion, concentration, or cognitive issues
- Balance problems, dizziness, or blurred vision
- Signs and symptoms are getting worse
- Anything that worries you or someone else



You deserve to be safe. Help is available.

National Domestic Violence
Hotline: Call 1.800.799.SAFE (7233)
or text "Start" to 88788.



Scan for more resources and information on ODVN's page for Brain Injury Survivors