

IF YOU WERE CHOKED OR STRANGLING:

It can be a terrifying experience and very dangerous.

- **See a doctor** and tell them you have been choked, especially if you have ANY symptoms that worry you or someone else.
- **Stay with someone safe** for 24 to 72 hours to watch for the red flags listed below.

Even if you don't have any marks, serious injuries can happen under the skin, get worse over the next few days, cause long term damage and even death.

GO IMMEDIATELY TO AN EMERGENCY ROOM IF:

- ✓ You have a hard time breathing
- ✓ It's painful to breathe
- ✓ You have trouble swallowing
- ✓ Your voice changes
- ✓ You have problems speaking
- ✓ You feel faint or weak



Source: Training Institute on Strangulation Prevention, 2019