

FACTS YOU SHOULD KNOW ABOUT STRANGULATION



People may call it **choking**, a **headlock**, or **chokehold**, but when someone cuts off your breath or blood flow by applying pressure to the neck, it is **strangulation**.

Whatever you call it, strangulation can cause serious injury.

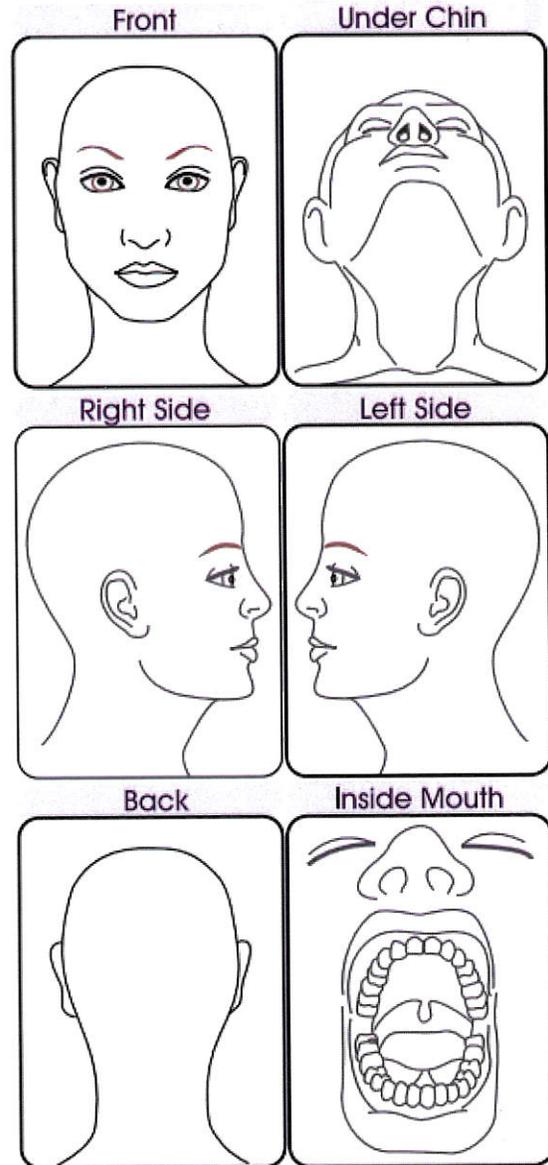
LOG ANY SIGNS OR SYMPTOMS

Signs and symptoms may not show up immediately.

Take photos and record your voice right after the incident and over the next few days and weeks.

Documentation over time is important.

DIAGRAMS TO MARK YOUR VISIBLE INJURIES



FACTS ABOUT STRANGULATION

- Strangulation is a significant predictor of future lethal violence
- If your partner has strangled you in the past, your risk of being killed by them is 10 times higher
- It only takes 7 seconds to lose consciousness
- Death may occur within 1 to 2½ minutes
- Swelling in the neck during the first 36 hours after strangulation can put you at risk for complications, including death
- Strangulation occurs when blood vessels and air passages are closed by external pressure on the neck
- Strangulation is *not* choking — choking is having an object lodged in your throat
- It is common to have no external signs of strangulation, but have internal neck damage. This could lead to stroke or even death days or weeks after the incident
- Strangulation can be caused by manual force (hand(s) around your neck, a forearm pressed on your neck or wrapped around your neck, kneeling on your neck)
- Strangulation can also be caused by a ligature (like a rope, electrical cord, shoelace) or hanging

YOU WERE STRANGLED, NOW WHAT?

- Go to the emergency department immediately—it could save your life!
- Inform your medical providers of your history of strangulation
- Make a report to law enforcement and ask for an advocate to help you
- Keep track of signs and symptoms
- What were you feeling and thinking during the attack?
- Share the signs, symptoms, thoughts, and feelings with the people assisting you

CONTACTS & RESOURCES

Emergency 911	First Step Resource Center 406-329-5776
Missoula Police Department 406-552-6300	YWCA Missoula crisis line 406-542-1944
Missoula County Sheriff 406-258-4810	Crime Victim Advocate Program 406-258-3830
UM Police 406-243-4000	UM Student Advocacy Resource Center 406-243-6559



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