

Has your head been hurt?

It can affect your life in many different ways. Rest and time help, but you may need additional care, especially if your head has been hurt more than once.



HAS YOUR PARTNER...

- Done something that made you blackout or have trouble breathing?
- Hit you in the face, neck, or head?
- Tried to choke or strangle you?
- Made you fall and you hit your head?
- Shaken you severely?



ARE YOU HAVING PHYSICAL PROBLEMS?



- Pain in your head, face, or neck?
- Dizziness or balance problems?
 - Fatigue, feeling dazed, confused, or in a fog?
- Changes in your vision?
 - Ringing in your ears?
 - Headaches?
 - Seizures?

ARE YOU HAVING TROUBLE...

- Remembering things?
- Paying attention or focusing?
- Getting things done?
- Organizing things?
- Following conversations?
- Feeling motivated?
- Controlling your emotions?

You might have a head injury.

IF YOU SAID YES...



After a head injury:

- » See a doctor and tell them you have a head injury or 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.

DANGER SIGNS / RED FLAGS:

These don't happen often, but if they do, it's important to see a doctor.

- ! A headache that does not go away or gets worse
- ! One pupil (eye) is larger than the other
- ! No memory of what happened
- ! Extreme drowsiness or having a hard time waking up
- ! You peed or pooped unintentionally
- ! Slurred speech, vision problems, numbness, or decreased coordination
- ! Repeated nausea or vomiting, or shaking or twitching
- ! Unusual behavior, confusion, restlessness, or agitation
- ! You were knocked out, passed out, or lost consciousness

IF YOU WERE CHOKED OR STRANGLERED:

It can be a terrifying experience and very dangerous. Even if you don't have any marks, serious injuries can happen under the skin, may get worse over the next few days, cause long term damage, and even death.

See a doctor immediately if:

- You have a hard time breathing
- It's painful to breath
- You have trouble swallowing
- Your voice changes
- You have problems speaking



SCAN THE QR CODE FOR MORE INFO



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