

## 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

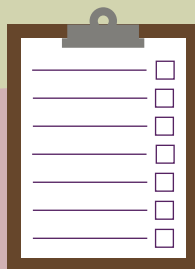
- Difficult or painful breathing
- Problems speaking or swallowing
- Uncontrollable vomiting
- Shaking, twitching, or seizures
- Extreme confusion or agitation
- Drowsy or cannot wake up
- Excruciating headaches
- Slurred speech
- Weakness or numbness
- Decreased coordination
- Passed out, blacked out,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

## My Warning Signs

[illegible]

***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

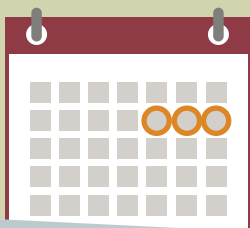
Changes in emotions or thinking; feeling anxious, depressed, irritable, or “off”



*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