After you were hurt in the head, neck, or face

Get immediate medical care if:

- Difficult and/or painful breathing
- Uncontrollable vomiting
- Shaking or twitching (seizures)
- Extreme confusion or uncontrollable agitation
- Drowsy or cannot wake up
- Excruciating headaches
- Slurred speech, weakness, numbness
- Decreased coordination or problems using arms or legs
- One pupil (the dark part of your eye) is larger than the other
- Peeed or pooped unintentionally
- Passed out, blacked out, lost consciousness, or if you are unsure
- Anything that really worries you or someone else
- Unusual behavior

Strangulation is a deadly crime.

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

Violence can cause concussions and brain injuries.

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
- Peeed 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
• Difficulty answering questions
• Changes in emotions or thinking; feeling anxious, depressed, irritable, or “off”
• Problems in your body; headaches, bothered by light or noise, vision or eye changes
• Memory gaps

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

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