



## Help Us Hold Offenders Accountable

Timely reporting of assaults involving strangulation is critical to our ability to investigate and prosecute these cases.

If you or someone you know has been strangled and/or is a victim of domestic violence, contact police immediately.

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*Strangulation is a crime!*

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## Did you know?

- Strangulation injuries are frequently not visible?
- Female survivors of non-fatal strangulation are 600% more likely to become a victim of attempted homicide and more than 700% more likely to become a victim of homicide.

# Resources

**National Domestic Violence Hotline**  
1-800-799-SAFE (7233)  
24-Hour, Confidential

**San Diego County District Attorney's Office  
Victim Services**  
Central: 619--531-4041  
East: 619-441-4538  
South: 619-498-5650  
North: 760-806-4079

**San Diego Family Justice Center**  
619-533-6000  
**Center for Community Solutions**  
888-385-4657  
**YWCA of San Diego County**  
619-234-3164  
**South Bay Community Services**  
800-640-2933  
**Women's Resource Center**  
760-757-3500  
**Community Resource Center**  
877-633-1112

## Acknowledgements

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(619) 531-4040  
[www.sdcca.org](http://www.sdcca.org)

# What Do You Need to Know?

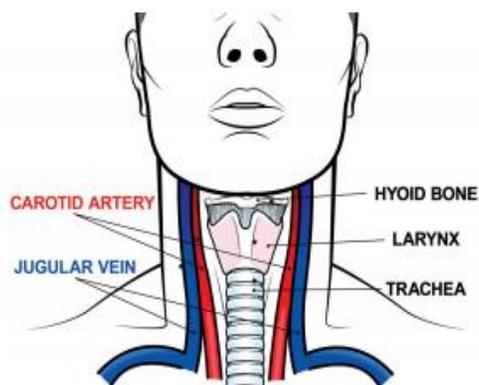


**Domestic  
Violence  
Strangulation**

## What is Strangulation?

When the body is deprived of oxygen, loss of consciousness will result and, if continued, ultimately death. Loss of consciousness may happen within seconds and death within minutes.

Strangulation is external pressure applied to the neck sufficient enough to cause the closure of blood vessels and/or air passages of the neck, resulting in a lack of oxygen to the brain.



Strangulation is **not** the same as “choking.” Choking is caused by the obstruction of the airway, usually when food gets lodged in the windpipe.

Strangulation can be terrifying and painful. Many victims of strangulation violently resist and cause injuries to their own neck as they attempt to claw off the hands of their assailant.

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*Did someone place their hands  
on your neck or throat?*

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## Signs of Strangulation

**Head** – Pinpoint red spots (petechiae) on scalp, hair pulled, bump(s), skull fracture, concussion.

**Face** – Red or flushed, petechiae, scratch marks.

**Eyes and Eyelids** – Petechiae to the left or right eyeball, bloodshot eyes.

**Ears** – Petechiae (external and/or ear canal), bleeding from ear canal.

**Nose** – Bloody nose, broken nose, petechiae.

**Mouth** – Bruising, swollen tongue, swollen lips, cuts/abrasions.

**Under the Chin** – Redness, scratch marks, bruise(s), abrasions

**Neck** – Redness, scratch marks, fingernail impressions, bruises, abrasions, swelling, ligature marks.

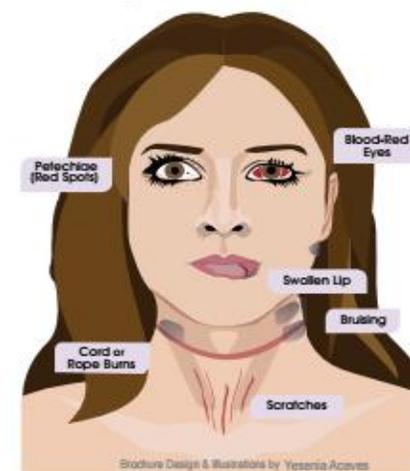
**Chests and Shoulders** – Redness, scratch marks, bruise(s), abrasions.

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*If you or someone you know  
has been strangled,  
call 911 immediately.*

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## Visible Signs



## Symptoms

**Voice Changes** – Raspy and/or hoarse voice, coughing, unable to speak, complete loss of voice.

**Swallowing Changes** – Trouble swallowing, painful swallowing, neck pain, nausea/vomiting, drooling.

**Breathing Changes** – Difficulty breathing, hyper-ventilation, unable to breathe.

**Behavioral Changes** – Restlessness or combativeness, problems concentrating, amnesia, agitation, Post-Traumatic Stress Syndrome, hallucinations.

**Vision Changes** – Complete loss or black and white vision, seeing ‘stars,’ blurry, darkness, fuzzy around the eyes.

**Hearing Changes** – Complete loss of hearing, gurgling, ringing, buzzing, popping, pressure, tunnel-like hearing.

**Other Changes** – Memory loss, unconsciousness, dizziness, headaches, involuntary urination or defecation, loss of strength, going limp.