HAS YOUR HEAD BEEN HURT?

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

Has your partner...
- 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?
- Done something that made you had trouble breathing or black out?

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

Are you having trouble...
- Remembering things?
- Paying attention or focusing?
- Getting things done?
- Organizing things?
- Following conversations?
- Feeling motivated?
- Controlling your emotions?

IF YOU SAID YES, YOU MIGHT HAVE A HEAD INJURY.
Talk to a domestic violence advocate or go to www.odvn.org
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
Slurred speech, vision problems, numbness, or decreased coordination
Repeated vomiting or nausea, or shaking or twitching
Unusual behavior, confusion, restlessness or agitation
You peed or pooped unintentionally
You were knocked out, passed out, or lost consciousness

If you were choked or strangled:

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

SEE YOUR DOCTOR IMMEDIATELY IF:
- YOU HAVE A HARD TIME BREATHING
- IT’S PAINFUL TO BREATHE
- YOU HAVE TROUBLE SWALLOWING
- YOUR VOICE CHANGES
- YOU HAVE PROBLEMS SPEAKING

We care about your safety.

People who put their hands around their partner’s neck are very dangerous and are much more likely to seriously harm or kill you. Talk to a domestic violence advocate about safety planning.

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