

# 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 or head?
- Tried to choke or strangle you?
- Made you fall and you hit your head?
- Shaken you severely?
- Done something that made you have 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 having problems with balance?
- Pain in your head, face or neck?

Are you having trouble...

- Paying attention?
- Making plans?
- Remembering things or staying organized?
- Getting things done?
- 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.odvncares.com](http://www.odvncares.com)

# AFTER A HEAD INJURY



See a doctor and tell them you have been hurt in head or 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 really 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
- 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.

DV NUMBER: \_\_\_\_\_

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