## **Strangulation – Signs & Monitoring**

## **Observing Changes**

Documenting the evidence of strangulation will help establish physical evidence, determine the severity of the injuries caused by the assault, and increase the victim's credibility. Victims, especially those who are pregnant, should also seek medical attention if they experience any of the following symptoms: Difficulty Breathing, Speaking, or Swallowing; Nausea; Vomiting; Light Headedness; Headache; Involuntary Urination or Defecation. A medical evaluation may be crucial in detecting injuries & saving a life.

**How:** For several days after the assault, document the injuries through photographs and monitor signs & symptoms by recording the following information:

Date & Time	Your Signs	Your Symptoms	Any Other Sensation