SEEK CARE AT AN EMERGENCY DEPARTMENT OR CALL 9-1-1 IF YOU EXPERIENCE:

- Loss of Consciousness
- Trouble seeing, "flashing lights", "spots", "tunnel vision"
- Pinpoint red spots in/on eyes, face or mouth
- Cord or rope burns on neck
- Neck pain, tenderness or swelling
- Loss of bladder control, "wet yourself"
- Trouble breathing, can't lie flat
- Mental changes, seizures
- Severe headache, numbness or weakness on one side of the body
- Dizziness, loss of balance or coordination
- Trouble talking or understanding what people are saying

MANY PEOPLE HAVE CONCERNS ABOUT PAYMENT FOR SERVICES

- At the Family Safety Center there is no cost for any service.
- If you don't have insurance, you are likely eligible for Victim Compensation Assistance. This will aid in the payment of emergency and hospital care.
- For transportation needs to the Family Safety Center, call 918.742.7480 and request the Client Navigator at extension 137 or the Office Administrator at extension 105.





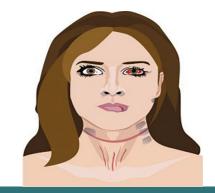


What To Do If You Are

STRANGLED / CHOKED

Strangulation/choking is serious and can lead to strokes and death

Most people do not have observable signs of strangulation. HOWEVER, other symptoms can indicate very serious injury inside the neck and head.



OBSERVABLE SIGNS

Photo courtesy of Alliance for Hope, July 2017 www.allianceforhope.com email:info@allianceforhope.com

Who should you see after being checked at the hospital or if you think you have no symptoms?

FORENSIC NURSE:

FAMILYSAFETYCENTER

600 Civic Center, Suite 103 Downtown Tulsa 918.742.7480

> Monday - Friday 8:00am to 4:00pm

After hours, Holidays & Weekends, Call: 918.743.5763

A nurse will be contacted

MONITOR & JOURNAL

DATE / TIME	SYMPTOMS
What hospital & Physician?	?
Tests	
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