

**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**

**STRANGLER / CHOKED**

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

