

4. Ask for someone to examine you. This means checking your neck, chest, face, eyes, scalp, behind your ears. etc.
5. GO TO THE HOSPITAL FOR A THOROUGH EXAMINATION EVEN IF YOU DO NOT "FEEL" ANY SYMPTOMS.
6. TAKE PICTURES—take them regularly for several days after the incident.

IDAHO CODE FOR STRANGULATION

**Section 18-923**

1. Any person who chokes or attempts to strangle another individual by willful and unlawful application of pressure to the neck or throat is guilty of a felony punishable by incarceration for up to twenty (20) years in the state prison.
2. **No injuries are required to prove attempted strangulation.**
3. "Willful," as used in this section, means only that the application of pressure to the neck or throat is intentional. The prosecution is not required to show that the defendant intended to kill or injure the victim. The only intent required is the intent to choke or attempt to strangle.

STRANGULATION OR  
CHOKING  
CAN KILL YOU—  
REPORT IT IMMEDIATELY  
GET MEDICAL HELP IMMEDIATELY

Call and report the abuse immediately:

Emmett Police	365-6055
Gem County Sheriff	365-3521
Emergency	911

*City Life*

1648 N Washington  
Emmett ID 83617  
208.365.1615

Email:

fleda@citylifeinc.com

Office hours:

Mon—Thursday 9 am to 4:30 pm

**24 Hour Emergency Number**

**208.870.5532**

**208.870.7414**

# Strangulation



Living With Purpose & Dignity

*Help for:*

*Victims of Crime*

*Domestic Violence*

*Sexual Assault*

*City Life*

1648 N Washington  
Emmett ID 83617  
208.365.1615

Many women who are victims of domestic violence have been strangled or "choked."

Signs or Symptoms of Strangulation:

- ◆ Redness to neck
- ◆ Scratch marks
- ◆ Rope burns
- ◆ Thumb print bruising
- ◆ Red eyes
- ◆ Spasm
- ◆ Loss of control over bodily functions
- ◆ Pain to neck and throat
- ◆ Coughing
- ◆ Raspy voice
- ◆ Nausea or vomiting
- ◆ Unconsciousness
- ◆ Ears ringing
- ◆ Head rush
- ◆ Miscarriage
- ◆ **NO VISIBLE MARKS OR BRUISES!**

The perpetrator may also use suffocation—covering the mouth and/or nose with hands, pillow, plastic bag, sitting on the victim's chest.

STRANGULATION is a red flag. . . .

- ◆ When battered women were asked what made them believe they were in danger or not—the majority of women perceiving a great amount of danger in both shelter and a hospital study mentioned "choking" as a tactic used to make them believe that their partner might actually kill them.

MOST VICTIMS **MINIMIZE** THE DANGER TO THEIR OWN LIFE AS A RESULT OF STRANGULATION

"He didn't really choke me, he just had me in a headlock and I couldn't breathe."

Law Enforcement and Health Professionals may also minimize the amount of danger strangulation poses for a victim.

## **Brain death occurs within 4 minutes**

### **POINT OF NO RETURN**

\*50 seconds—"Point of no return"

- ◆ Dr Luis Pena
- ◆ After 50 seconds of oxygen deprivation due to continuous strangulation, victims rarely recover
- ◆ "Bounce back" reflexes become inoperative
- ◆ Resuscitation requires emergency medical intervention

### **ADDITIONAL SYMPTOMS:**

- ◆ Voice change—hoarseness or loss of voice—can mean permanent damage
- ◆ Swallowing changes
- ◆ Breathing changes—difficult to breathe—**MAY APPEAR MILD BUT MAY KILL UP TO 36 HOURS LATER**
- ◆ In more severe cases there is danger of death up to 3 weeks later as a result of brain injury.
- ◆ Behavioral changes—restlessness, psychosis, amnesia
- ◆ Blood red spots on the whites of the

eyes

- ◆ Red spots on the neck
- ◆ Neck swelling
- ◆ Bruising
- ◆ Red spots on back of ears
- ◆ Raspy breathing
- ◆ Coughing up blood
- ◆ Nausea, vomiting and shaking
- ◆ Massive tongue swelling
- ◆ Petechiae—(red spots) may appear on the eyeball, eyelids (inside or outside), behind the ears, on the neck, nose and scalp. A thorough examination is necessary not only on the day of the incident but for several days afterward. Some symptoms such as bruising and petechiae may show up and/or increase for several days following the incident.

### **IF YOU HAVE BEEN THE VICTIM OF STRANGULATION**

1. Use the correct term—you didn't "choke" on something, you were STRANGLED.
2. Describe the method of strangulation—one hand, used an object, put arm around your neck, etc.
3. Demonstrate how you were strangled.

*Call City Life:*

208.870.5532 24 hours a day  
An advocate is available to  
Help you.